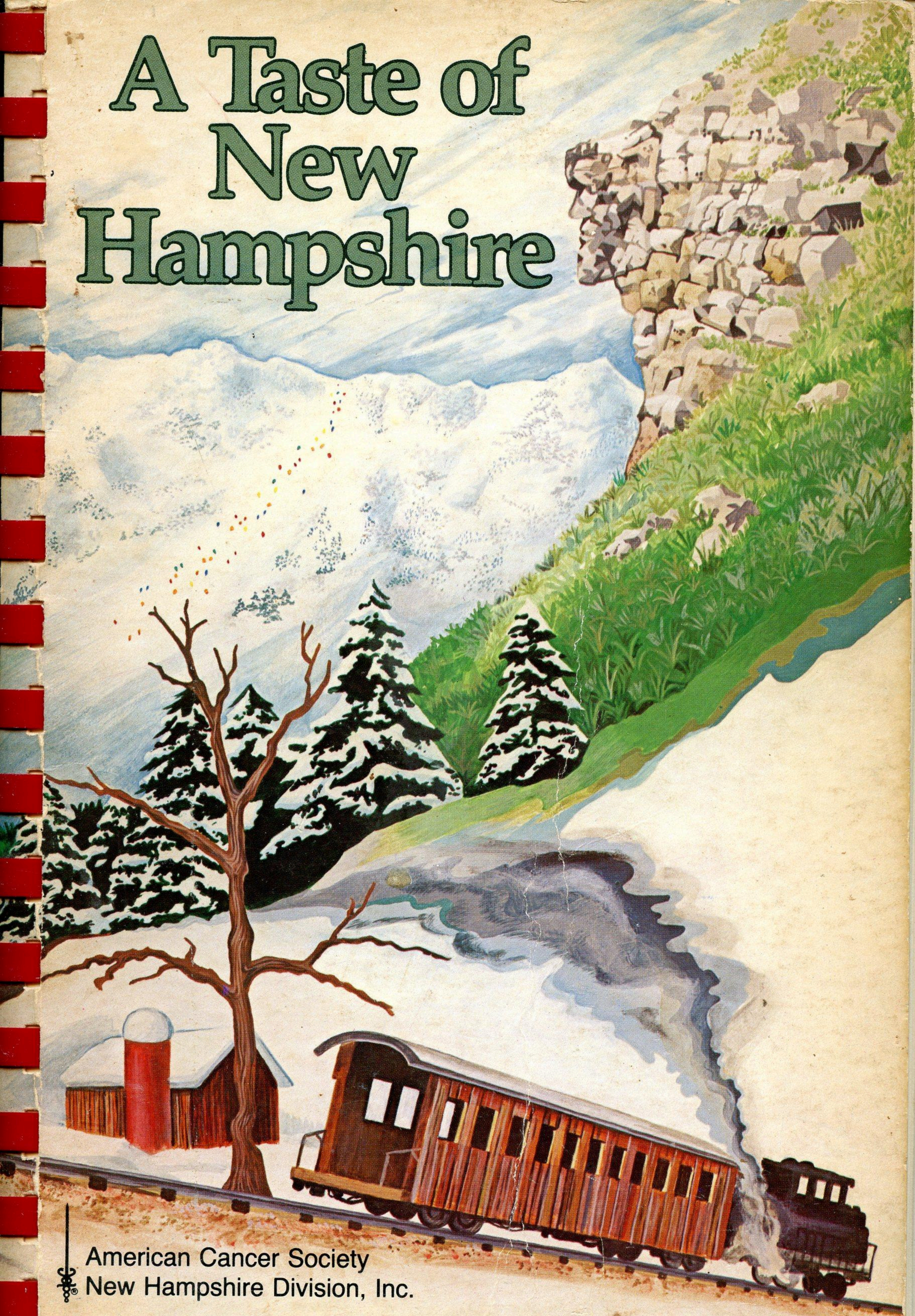
# A Taste of New Hampshire



American Cancer Society
New Hampshire Division, Inc.

*"You are the Key"*

# A Taste of New Hampshire

AMERICAN CANCER SOCIETY
NEW HAMPSHIRE DIVISION, INC.

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# DEDICATION

The 1981 "**A Taste of New Hampshire Cookbook**" is dedicated to all cancer patients, past and present, and especially to the memory of Jeanette C. Tillman whose courage and spirit in her fight against cancer was an inspiration to all who knew her. We also wish to dedicate this book to all the American Cancer Society volunteers who give unselfishly of themselves to help eliminate cancer in our lifetime.

American Cancer Society, New Hampshire Division, Inc. has no reason to doubt that recipe ingredients, instructions and directions will work successfully. However, the ingredients, instructions and directions have not necessarily been thoroughly or systematically tested, and the cook should not hesitate to test and question procedures and directions before preparation. The recipes in this book have been collected from various sources, and neither the American Cancer Society, New Hampshire Division, Inc., nor any contributor, publisher, printer, distributor or seller of this book is responsible for errors or omissions.

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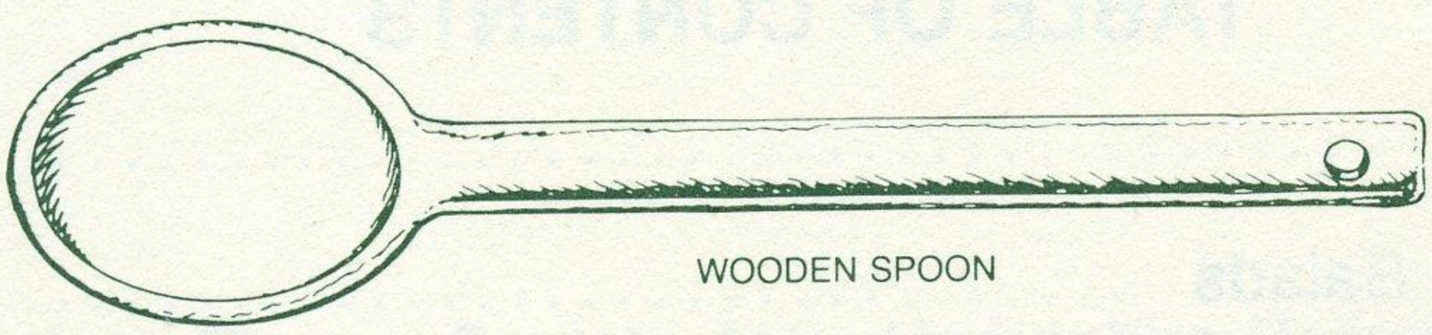
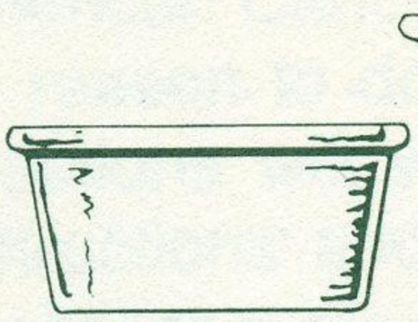
# Soapmaking

**Materials and Equipment for One Cake of Soap**

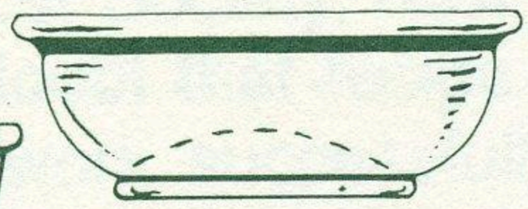
½ cup lukewarm fat
¼ cup cold water
1 tablespoon lye
cologne, lemon juice or other scent
2 clean plastic containers
wooden spoon
plastic or metal container of interesting shape, to mold soap
cup measure
plastic wrap



WOODEN SPOON



MARGARINE DISH



CANDIED CHERRY CONTAINER

DIXIE CUP

**CAUTION!** Lye burns the skin and is especially dangerous to the eyes. Teachers should supervise soapmakers very closely, or add the lye themselves.

**PROCEDURE:**

1. Measure lukewarm fat into one plastic container and cold water into another.
2. Add lye to water, stirring gently with wooden spoon to dissolve.
3. Add lye solution to fat, stirring slowly to consistency of thick sauce.
4. Pour liquid soap into mold. Cover with plastic wrap and allow to set for 24 hours.
5. Remove soap from container and harden in open air, in a dry spot, for at least 2 weeks.

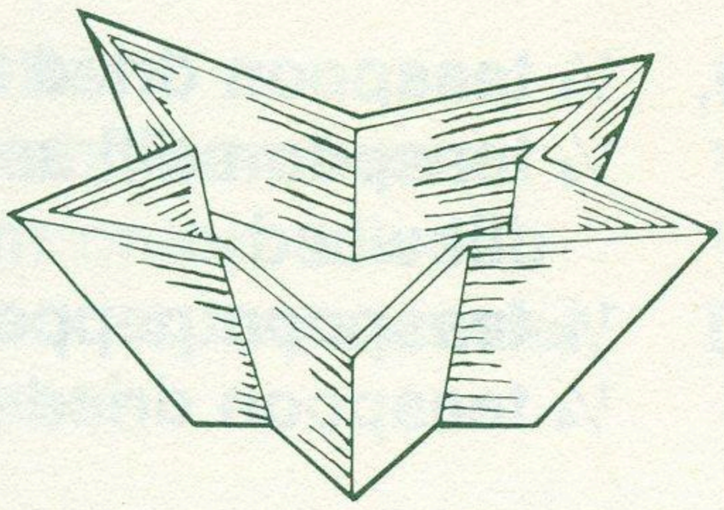
HAND SHAPED

**For larger amounts of soap,** use recipe on lye container.

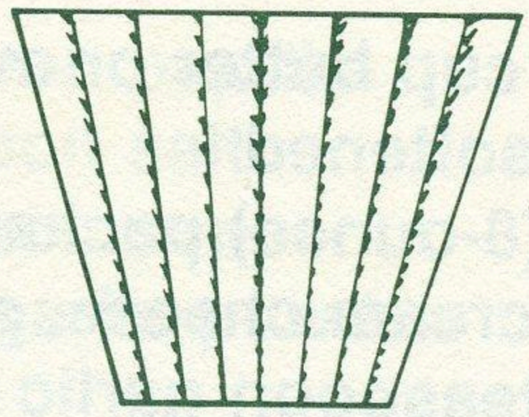
Mold by hand

Pour into interesting individual molds

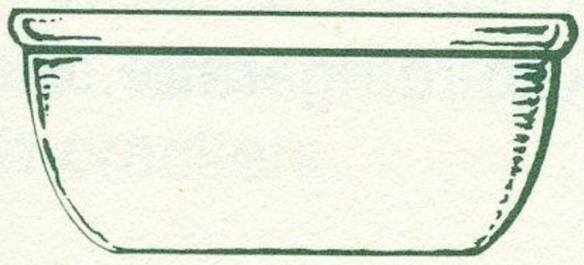
Pour into shallow pan and cut into cakes



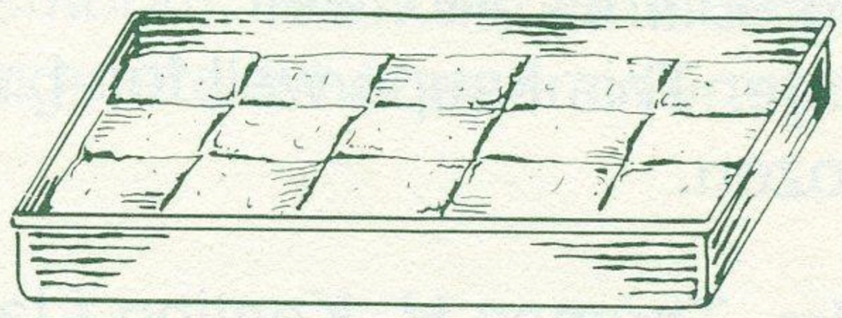
INDIVIDUAL JELLO MOLDS



METAL FOIL CUP-CAKE MOLD



½ RUBBER BALL MOLD



SHALLOW BAKING PAN

Information about making soap "from scratch," including "dripping" the lye, can be found in a number of publications, including Wiggington, Eliot, *The Foxfire Book,* New York: Doubleday & Co., Inc., 1972.

When using this method today, as in the 18th century, "the great difficulty in making soap comes in the Want of Judgement of the strength of the lye. If your lye will bear up an Egg or Potato, so you can see a piece of the surface as big as a Ninepence, it is just strong enough."

# Appetizers

## BOURSIN CHEESE

**¼ cup butter or margarine, softened**
**2 (8-ounce) packages cream cheese, softened**
**1 teaspoon garlic powder**
**1 teaspoon dried oregano**
**¼ teaspoon dried thyme**
**¼ teaspoon dill seed or dill weed**
**¼ teaspoon pepper**
**¼ teaspoon dried basil**

Cream butter and cream cheese thoroughly. Add remaining ingredients. Mix well.
*Note:* This keeps well for 1 week in refrigerator, or it may be frozen.

Mrs. Thomas H. Keating (Jackie)
Strafford Unit (Rochester)

## QUICK CHEESE CANAPE

**¼ pound American cheese, or other to taste**
**1 medium onion**
**3 strips bacon, raw**
**Rounds of bread**

Put ingredients through meat grinder. Spread on rounds of bread. Broil until golden brown. Watch carefully as they broil quickly.

Sandra B. Keans
Strafford Unit (Rochester)

## CHICKEN LIVER PATÉ

**1 cup butter**
**1 pound chicken livers**
**1 medium onion, sliced**
**½ teaspoon curry powder, or to taste**
**½ teaspoon paprika**
**⅛ teaspoon salt**
**⅛ teaspoon pepper**
**Dash of garlic powder**

Melt butter in large saucepan. Add remaining ingredients. Cook over medium heat until onions are soft. Process in blender in small amounts until smooth. Pour into 9 x 5-inch loaf pan and cover with foil. Refrigerate 8 hours or overnight. Serve with crackers.

Mary W. Ruell
Grafton East Unit (Ashland)

## CRABMEAT-CHEESE WEDGES

**1 (5-ounce) jar Old English processed cheese, softened**
**1 (6½-ounce) can crabmeat**
**½ cup butter, softened**
**¼ teaspoon garlic salt**
**¼ teaspoon seasoned salt**
**Six English muffins**

Combine cheese, crabmeat and butter. Mix well. Add remaining ingredients. Blend thoroughly. Spread cheese mixture on muffin halves. Cut each half into 3 wedges. Broil until golden. Yield: 36 wedges.

Betteanne Haley
Belknap Unit (Gilford)

## HOT CLAM DIP

2 (6½-ounce) cans minced clams, undrained
1 teaspoon lemon juice
¼ cup butter or margarine
1 medium onion, minced
1 clove garlic, minced, or garlic powder
½ green pepper, minced
1 teaspoon parsley, minced
1 teaspoon dried oregano
½ cup seasoned breadcrumbs
3 to 4 slices Velveeta cheese
Parmesan cheese, grated

In a saucepan, simmer the clams, lemon juice and butter for 15 minutes. Add onion, garlic, green pepper, parsley, oregano, and breadcrumbs. Mix well and put into small casserole. Top with Velveeta and Parmesan. Bake at 350 for 30 minutes.

Jeanette Lee
Grafton East Unit (Ashland)

## MOCK LOBSTER DIP

1 (10¾-ounce) can tomato soup
1 (8-ounce) package cream cheese, softened
1 package unflavored gelatin
1 tablespoon cold water
½ cup celery, chopped
½ cup onion, chopped
½ cup green pepper, chopped
1 cup mayonnaise
1 (12-ounce) large can crabmeat, or 2 (6½-ounce) cans

Heat soup. Add cream cheese and stir until well blended. Soften gelatin in cold water. Add to soup. Remove from heat and add remaining ingredients. Mix thoroughly. Refrigerate overnight or at least 2 hours.
*Note:* This is good served with corn chips.

Marge Voedisch
Carroll South Unit (Wolfboro)

# HOT CRABMEAT SPREAD

**3 tablespoons butter or margarine**
**3 tablespoons onion, finely chopped**
**2 tablespoons parsley, chopped**
**1 (6½-ounce) can crabmeat, drained and cleaned**
**1 (8-ounce) carton sour cream**
**1 (3-ounce) package cream cheese, softened**
**Dry bread crumbs**
**Parmesan cheese, grated**

Melt butter in 9-inch frying pan. Saute onion and parsley until onion is golden. Add crabmeat. Stir. Add sour cream and cream cheese. Mix thoroughly by mashing cream cheese with a fork, blending it into the other ingredients. Pour into greased shallow baking dish. Cover with bread crumbs and Parmesan. Bake at 350 for 15 minutes. Serve with crackers.

Mrs. Stewart Dow
Hillsborough North Unit (Manchester)

## SHRIMP HORS D'OEUVRES

**1 (12-ounce) can shrimp, or 1 pound fresh shrimp, cooked and peeled**
**1 tablespoon onion, minced**
**1 tablespoon celery, minced**
**1½ teaspoons green pepper, minced**
**1 tablespoon lemon juice**
**1 teaspoon lemon rind, grated**
**¼ teaspoon salt**
**5 to 10 drops Tabasco**
**Dash of pepper**
**¾ cup mayonnaise**

Mash shrimp very fine with fork. Add remaining ingredients. Mix thoroughly. Chill at least 2 hours. Serve with mild crackers.

Velma Balomenos
Sandra Keating
Strafford Unit (Rochester)

## CRABMEAT CASSEROLE APPETIZER

**1 (8-ounce) package cream cheese, softened**
**1 (6½-ounce) can crabmeat**
**1 tablespoon milk**
**2 tablespoons onion, chopped**
**1 tablespoon horseradish**
**¼ to ⅓ cup slivered almonds**
**Melba toast rounds**

Combine cream cheese with crabmeat, milk, onion, and horseradish. Mix thoroughly. Spoon into 9-inch pie pan. Top with almonds. Bake at 350 for 15 minutes. Serve on platter surrounded by Melba toast.

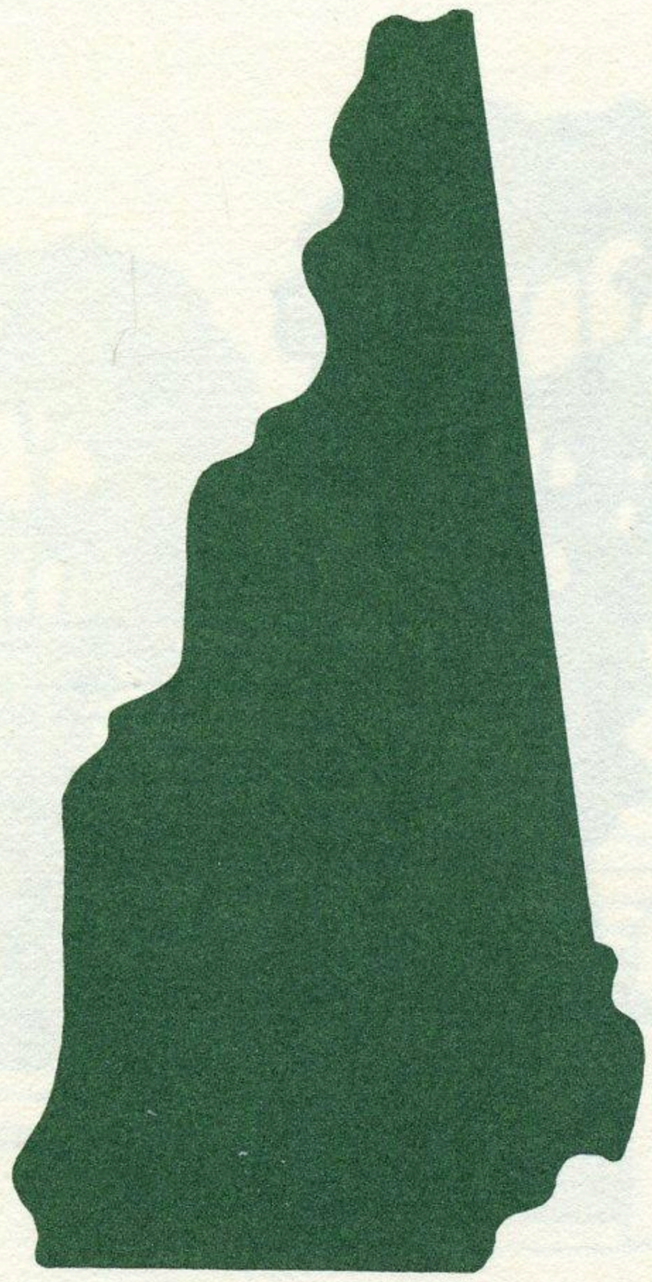
Mrs. Charles C. Pace
Hillsborough North Unit (Manchester)

# SPINACH COCKTAIL BARS

**2 tablespoons butter, melted**
**2 eggs**
**½ cup all-purpose flour**
**½ cup milk**
**½ teaspoon salt**
**½ teaspoon nutmeg**
**1 teaspoon baking powder**
**½ teaspoon garlic salt**
**½ pound cheddar cheese, shredded**
**2 (10-ounce) packages frozen chopped spinach**
**1 heaping tablespoon Parmesan cheese, grated**

Pour melted butter in 17 x 10-inch baking pan or jelly roll pan. Beat eggs, Add flour, milk, salt, nutmeg, baking powder and garlic salt. Stir to mix thoroughly. Add shredded cheese. Cook spinach according to package directions and drain well. Mix with cheese mixture. Pour into prepared pan. Top with Parmesan. Bake at 350 for 35 minutes. Cool 5 to 10 minutes. Cut into squares. Yield: 30 to 40 squares.

Mrs. Peter Poulios (Nancy)
Hillsborough North Unit (Manchester)

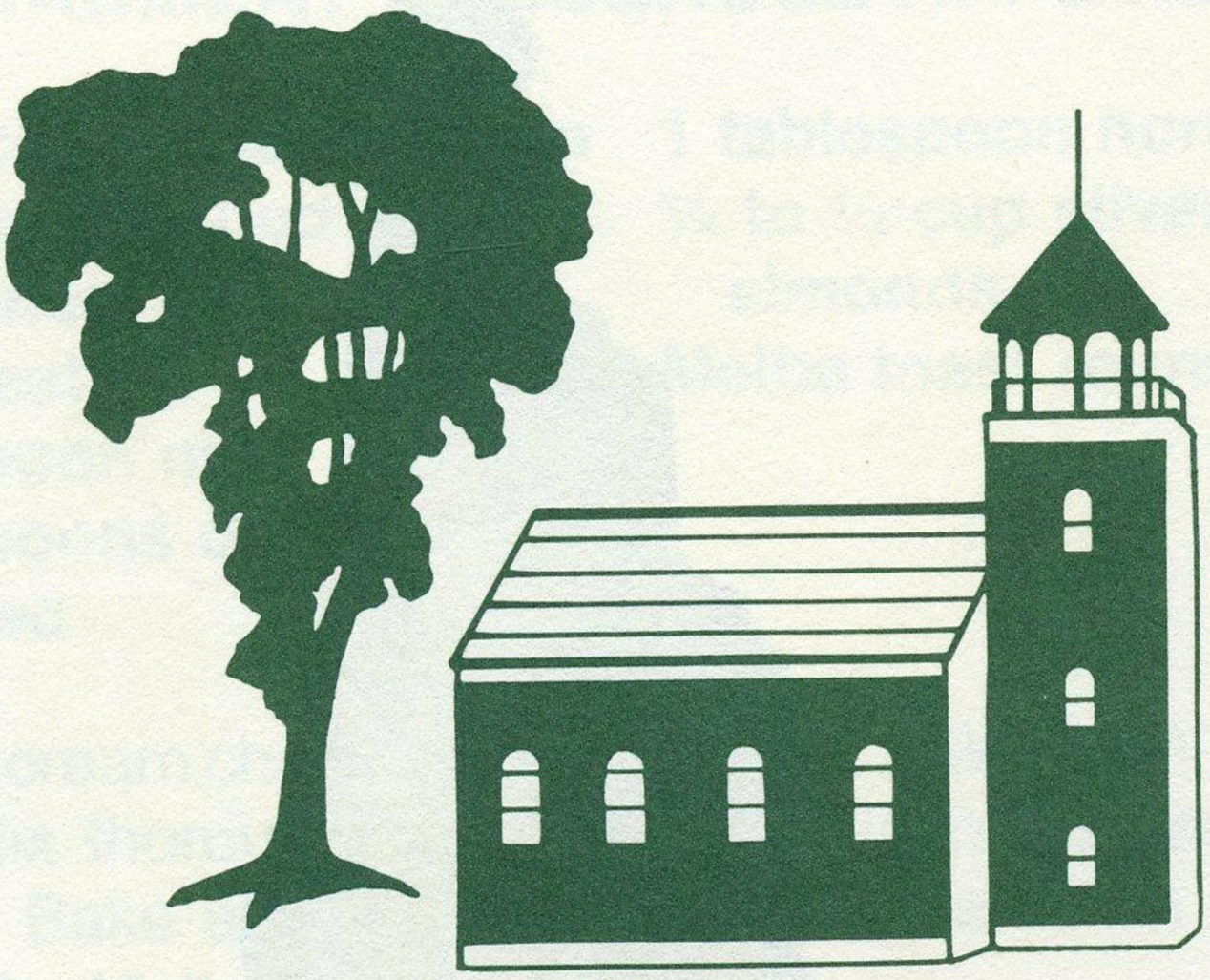


# SPINACH QUICHE CANAPES

1 (10-ounce) package frozen chopped spinach
3 eggs, beaten
1 cup all-purpose flour
1 teaspoon baking powder
1 cup milk
1 teaspoon salt
2 cups cheddar cheese, shredded
4 tablespoons butter or margarine, melted

Cook spinach according to package directions. Drain thoroughly. Combine eggs with flour, baking powder, milk, salt, cheese and spinach. Mix well. Add melted butter. Stir to combine. Spread into 13 x 9-inch pan. Bake at 350 for 35 minutes. Cool 30 minutes. Cut into small squares. Freeze on cookie sheet; store in plastic bag. To serve, heat 12 to 15 minutes at 350. It is not necessary to thaw before heating.

Mrs. Yvette Sullivan
Hillsborough North Unit (Manchester)

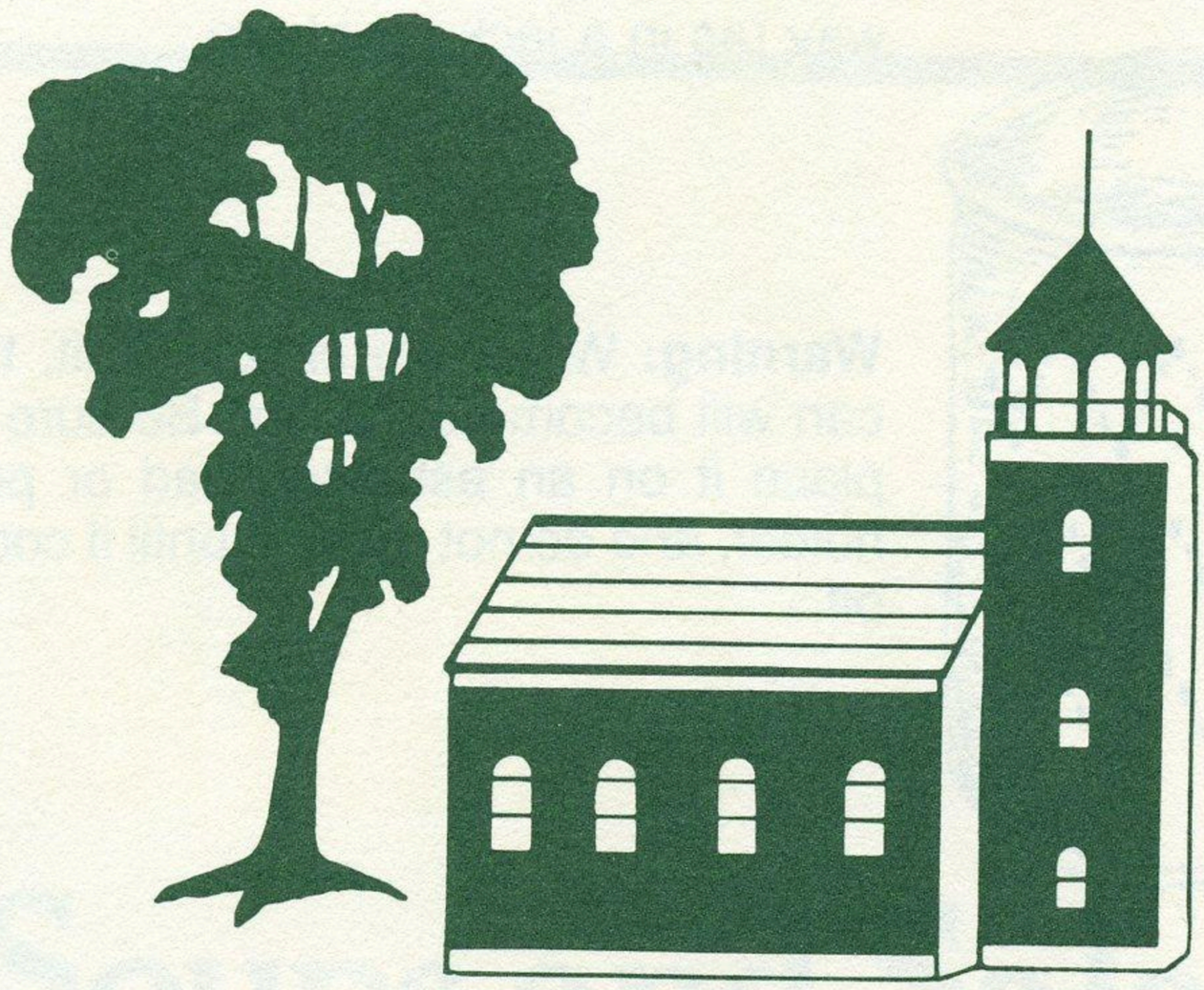


# QUICHE

5 eggs, well-beaten
½ pint heavy cream
1 tablespoon all-purpose flour
2 onions, finely chopped, divided
½ teaspoon salt
1 teaspoon pepper
1 10-inch unbaked pie shell
5 slices boiled ham, chopped
5 slices Swiss cheese, chopped
10 leaves spinach, chopped
10 mushrooms, thinly sliced
Parsley

Combine eggs with cream, flour, ½ the onion, salt and pepper. Mix well. In pie shell, make thin layers of ham, cheese, spinach, mushroom and onion. Begin and end with ham. Pour egg mixture over all. Top with parsley. Bake in preheated 375 oven for 1 hour. Cool for 15 to 30 minutes at room temperature before serving.

Mrs. Arthur Normand
Hillsborough North Unit (Manchester)

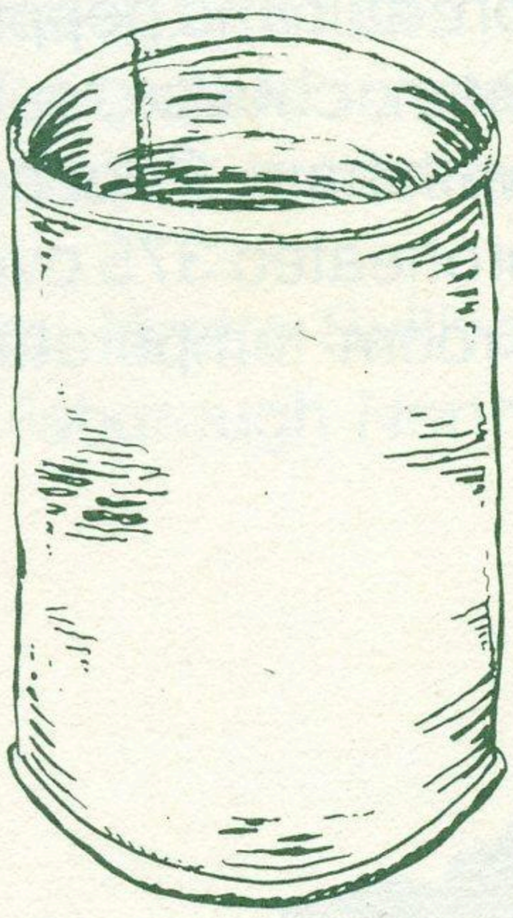


# Colonial Lanthorn

This is a decorative lantern; candlelight shines through the punched holes and makes lovely designs and effects. The old lanthorns had hinged doors which opened onto a candle, and they had domed tops with handles on them.

**Materials:**

Tin
Ice pick or hammer and nail
Candle

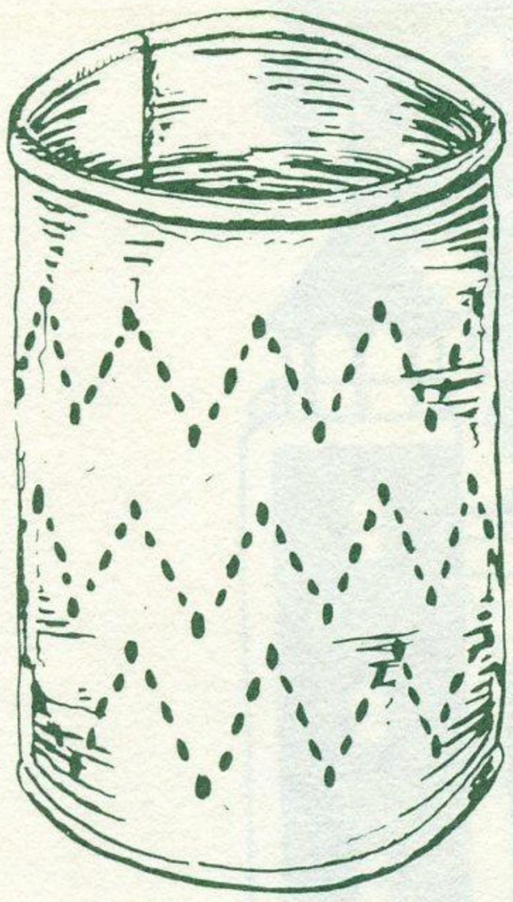


**Procedure:** Select whatever size tin can you care to use. Remove top and label.

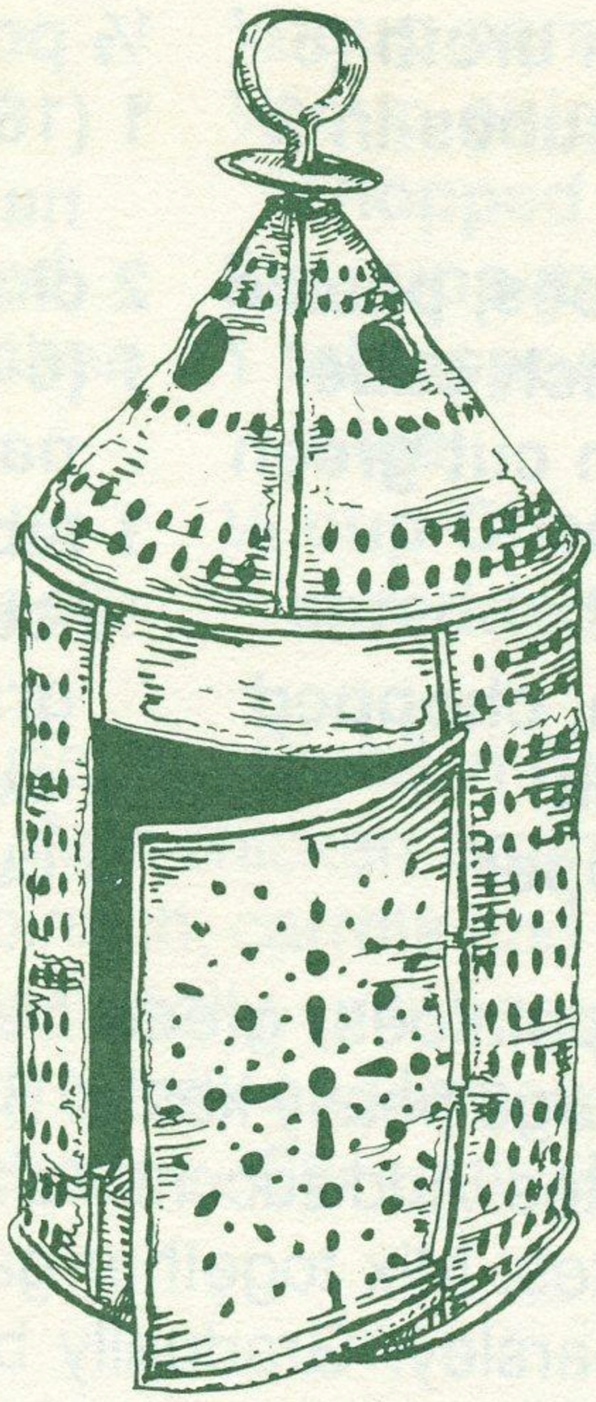
Fill the tin can almost to the top with water, and then freeze it. It is easier to punch holes in the can with ice to harden it than it is to punch holes in a soft can.

Make a design of holes, using either the icepick or the hammer and nail.

To attach the candle to the bottom of the can, hammer a small nail through the bottom (point up) and push it into the candle; **or** melt candlewax on bottom of can and attach the candle this way (as in a jack o'lantern).



**Warning:** When the candle is lit, the can will become quite hot. Be sure to place it on an asbestos pad or potholder, and do not move it until it cools off.



For directions on how to make the more complex lanthorn shown at the top of this page, see *How to Make Whirligigs and Whimmy Diddles* by Florence H. Pettit and published by Thomas Y. Crowell Company.

# Soups and Salads

# SOUP AU PISTOU

**2 quarts chicken broth (6 to 8 bouillon cubes in 2 quarts water)**
**3 medium potatoes, peeled and cut in 1-inch cube**
**1 (16-ounce) can cut green beans**
**3 carrots, sliced**
**1 medium onion, chopped**
**1 tablespoon salt**
**¼ teaspoon pepper**
**½ pound zucchini, sliced**
**1 (16-ounce) can kidney or navy beans, drained**
**2 cloves garlic, mashed**
**1 (6-ounce) can tomato paste**
**1 tablespoon dried basil**
**½ cup Parmesan cheese, grated**
**½ cup parsley, chopped**
**¼ cup olive oil**

Combine broth, potatoes, green beans, carrots, onion, salt and pepper in a large heavy kettle. Bring to a boil and simmer, covered, 10 minutes. Add zucchini and canned beans. Simmer another 10 minutes. Mix together garlic, tomato paste, basil, Parmesan and parsley. Gradually beat in oil, a teaspoon at a time. Just before serving, stir sauce into hot soup. Yield: 8 to 10 servings.
*Note:* Warm, crusty bread is a good accompaniment.

Mrs. Jean Nelson
Hillsborough North Unit (Manchester)

# SOUP FLORENTINE

**2 tablespoons butter**
**2 tablespoons flour**
**1 teaspoon salt**
**½ teaspoon dry mustard**
**1 (10¾-ounce) can chicken broth**
**1 (10-ounce) package frozen chopped spinach**
**½ cup carrots, shredded**
**½ cup onion, finely chopped**
**2½ cups milk**
**1 tablespoon fresh lemon juice**
**½ cup Cheddar cheese, shredded**

Melt butter in 2-quart saucepan. Blend in flour, salt and mustard. Remove from heat. Add chicken broth. Heat to boiling, stirring constantly. Add spinach, carrots and onion. Cook over medium heat, stirring occasionally, until vegetables are tender and spinach is thawed. Stir in milk and lemon juice. Just before serving, add shredded cheese. Stir until cheese is melted. Yield: 4 to 6 servings.

Karen A. Leahy
Greater Portsmouth Unit (Portsmouth)

# V. I. P. OVEN CHOWDER

2 pounds fresh haddock fillets
4 potatoes, peeled and diced
Few celery leaves, chopped
1 bay leaf
2 teaspoons salt
4 whole cloves
1 clove garlic, minced
3 onions, chopped
½ cup butter or margarine, melted
¼ teaspoon dried dill weed
¼ teaspoon white pepper
½ cup dry white wine or vermouth
2 cups boiling water
2 cups half-and-half

Put all ingredients except cream into a large casserole. Cover and bake at 375 for 1 hour. Heat cream to scalding. Add to chowder. Stir to flake fish. Yield: 8 to 10 servings.
*Note:* Serve with salad and French bread or rolls.

Mrs. Wm. H. Rathgerber
Southeastern Unit (Seabrook Beach)

## CREAM OF BROCCOLI SOUP

**4 tablespoons butter or margarine, divided**
**2 tablespoons all-purpose flour**
**1 bunch fresh broccoli**
**2 tablespoons onion, finely chopped**
**1 quart chicken broth**
**½ pint heavy cream, warmed**
**Salt and pepper to taste**

Melt 2 tablespoons butter in small saucepan. Stir in flour. Cook 3 minutes over low heat, stirring constantly. Cool. Wash and trim broccoli. Separate stalks. Cut into ½-inch pieces. Sauté onion in remaining butter in large heavy saucepan. When onion is transparent, add broccoli. Cover and cook 3 minutes over low heat. Stir in chicken broth. Heat to just under a boil. Pour small amount of broth into thickened roux (butter and flour mixture). Blend until smooth. Pour back into soup. Cover and simmer 30 minutes, until broccoli is tender.

Yvette Sullivan
Hillsborough North Unit (Manchester)

## DIET SALAD

**1 (12-ounce) carton cottage cheese**
**1 (4-ounce) carton frozen whipped topping**
**1 (3-ounce) package orange-flavored gelatin**
**1 (11-ounce) can mandarin oranges, drained**

Put cottage cheese in blender and process until smooth. Add gelatin and frozen topping. Whip until well blended. Turn into serving bowl and fold in mandarin oranges. Chill for 1 hour.

Connie Verratti
Grafton North Unit (Haverhill)

## FROTHY CRANBERRY SALAD

**1 (3-ounce) package lemon-flavored gelatin**
**1 (8-ounce) package cream cheese, softened**
**½ cup celery, finely chopped**
**1 cup crushed pineapple**
**1 can whole cranberry sauce**
**½ cup walnuts, chopped**
**1 pint heavy cream, whipped**
**4 tablespoons sugar**
**1 teaspoon vanilla**

Dissolve gelatin in 1 cup boiling water. Beat in cream cheese. Mix thoroughly with gelatin. Add celery, pineapple, cranberry sauce and walnuts. Combine the whipped cream with sugar and vanilla. Fold carefully into gelatin. Pour into a 13 x 9½-inch pan or mold.

Patricia G. Mitchell
Grafton East Unit (Bridgewater)

## PISTACHIO SALAD

**1 (20-ounce) can crushed pineapple, undrained**
**1 (6-ounce) package pistachio-flavored pudding mix**
**1 (12-ounce) carton frozen whipped topping**
**½ cup pecans or walnuts**
**1 cup miniature marshmallows**

Pour pineapple and juice into pudding. Mix well. Fold in frozen whipped topping and nuts. Stir in marshmallows. Refrigerate 1 to 2 hours.
*Note:* This can be served without chilling, if preferred.

Marion Elliott
Grafton North Unit (Ryegate, Vermont)

## FRUIT SALAD

**½ cup lemon juice**
**½ cup water**
**½ cup sugar**
**2 tablespoons all-purpose flour**
**Pinch of salt**
**4 eggs, beaten**
**1½ cups heavy cream, whipped**
**3 cups crushed pineapple, drained**
**2 cups grapes**
**2 cups sliced bananas**
**2 cups miniature marshmallows**

Heat lemon juice with water. Combine sugar with flour and salt. Gradually beat in eggs. Mix well. Add to lemon juice. Cook over low heat, stirring occasionally, until thick and smooth. Cool. Fold in whipped cream. Add the remaining ingredients and mix gently. Refrigerate 24 hours. Do not freeze.

Norma Lee Weaver

## RASPBERRY SALAD RING

**1 (3-ounce) package raspberry-flavored gelatin**
**1½ cups hot water**
**1 (10-ounce) package frozen raspberries**
**1 tablespoon lemon juice**
**1 (3-ounce) package cream cheese**
**3 tablespoons walnuts, finely chopped**
**Mayonnaise**
**Lettuce leaves**

Dissolve gelatin in hot water. Add raspberries and lemon juice. Stir until berries are thawed. Chill until partially set. Cut cream cheese into 16 pieces. Roll each piece in chopped nuts. Place cubes in 3-cup ring mold. Pour gelatin over cream cheese. Chill until firm. Unmold. Place small bowl of mayonnaise in center and garnish with lettuce.

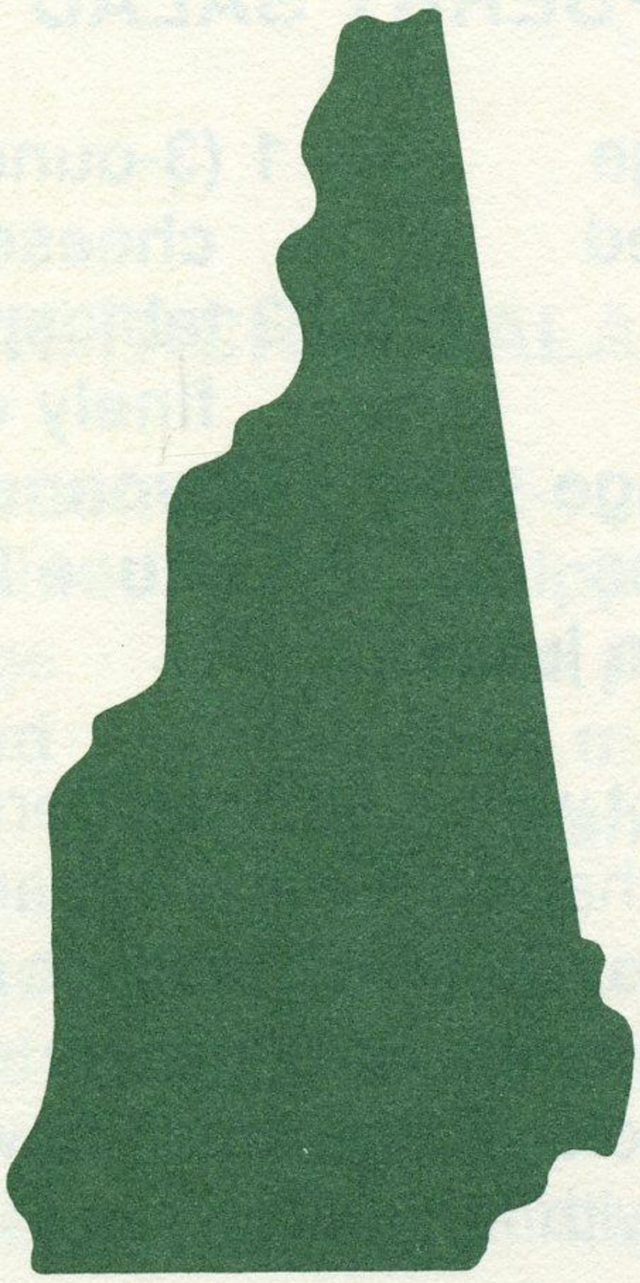
Rose Damour (Concord)
Merrimack Unit

# CREAMY PINEAPPLE SALAD

1 (20-ounce) can crushed pineapple in juice, reserve juice
1 (6-ounce) package lime-flavored gelatin
½ teaspoon salt
2 cups boiling water
2 tablespoons lemon juice
1 (8-ounce) package cream cheese, softened
¼ teaspoon dried ginger

Add enough water to reserved pineapple juice to measure 1½ cups. Dissolve gelatin and salt in boiling water. Add pineapple juice and lemon juice. Pour 2½ cups of this mixture into 6-quart mold. Chill until set but not firm. Beat cream cheese with ginger until soft and creamy. Stir in pineapple and remaining gelatin mixture. Mix well. Spoon into mold over clear gelatin. Chill. Yield: 4 to 6 servings.

Marilyn Lyons
Grafton West Unit (Lyme)



## ANITA'S COLE SLAW

**1 whole cabbage**
**½ onion**
**2 stalks celery**
**2 carrots**
**Salt and pepper to taste**
**½ to ¾ cup sugar**
**½ cup mayonnaise**
**½ cup Miracle Whip**

Shred cabbage, onion, celery and carrots finely. Add salt and pepper. Mix well. Sprinkle sugar over all and toss. Add mayonnaise and Miracle Whip.
*Note:* Use equal amounts of mayonnaise and Miracle Whip; you may need more than the recommended amounts.

Anita Parsons
Hillsborough North Unit (Bedford)

## FRENCH DRESSING

**1 (10¾-ounce) can tomato soup**
**1 cup vinegar**
**½ cup vegetable oil**
**1 tablespoon Worcestershire sauce**
**¼ cup sugar**
**½ teaspoon paprika**
**½ teaspoon pepper**
**1 teaspoon dry mustard**
**1 teaspoon onion juice**
**1 clove garlic**

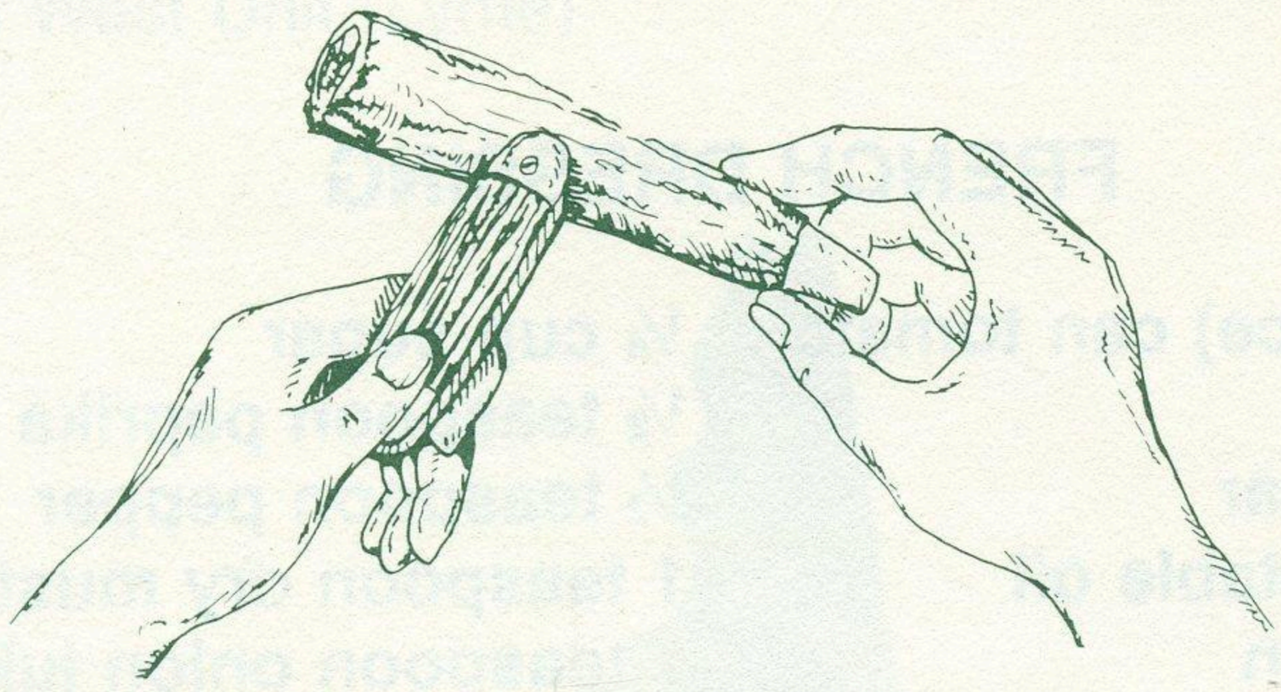
Mix all ingredients together in glass jar with a screw top. Shake well. Shake before serving.

Marian Hanson
Grafton East Unit (West Thornton)

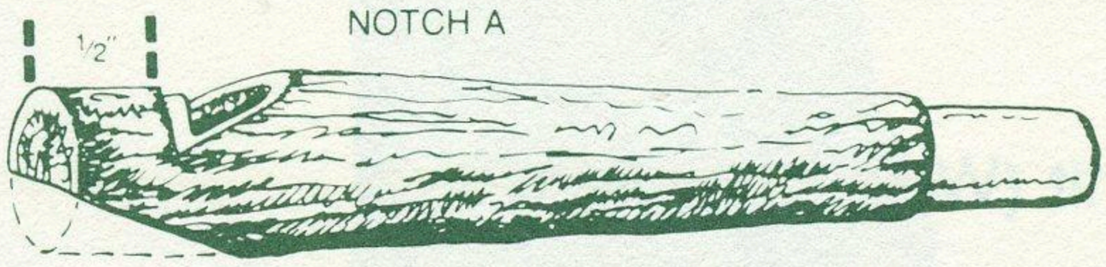
# Willow Whistle

**Materials:**
Straight green willow stick about 6″ long and ½-¾″ in diameter. For best results use a stick freshly cut in the Spring. (basswood and hickory may be used)
Jack knife.

**Procedure:**
1. Cut ring around bark ½″ from the thinnest end of stick and peel off that ½″ of bark. This will leave ½″ of core showing, that can be used in sliding remaining bark from stick.



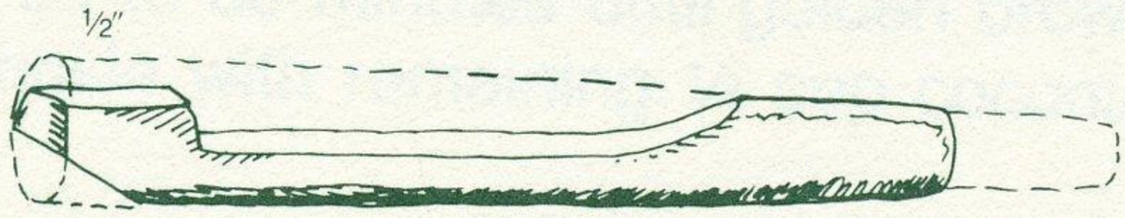
2. To loosen bark on remainder of stick: Tap it round and round with the handle of a jack knife. Be gentle! Do not remove yet.




3. Cut 2 notches:
A. ½″ from thicker end of stick, through bark and just into the wood.
B. Slanting cut at lower part of same end for mouthpiece.

4. Slide the bark from the core by holding stick vertically and pressing down on peeled section.

5. Whittle the core into the shape shown. Don't whittle too much from the mouthpiece end at first—more can be whittled off later if it does not work.




6. Slide core back inside bark and cut off protuding end of core.

# Breads

# ORANGE BUTTER COFFEE CAKE

**2 packages dry yeast**
**¼ cup warm water**
**1 cup sugar, divided**
**1 teaspoon salt**
**2 eggs, beaten**
**½ cup sour cream**
**8 tablespoons butter, melted, divided**
**2¾ to 3 cups all-purpose flour**
**1 cup coconut, grated and toasted, divided**
**2 tablespoons orange rind, grated**

Soften yeast in warm water. Stir in ¼ cup sugar, salt, eggs, sour cream and 6 tablespoons butter. Mix well. Gradually add flour, beating well. Cover mixing bowl. Let rise in warm, draft-free place until doubled in bulk, or about 2 hours. Knead dough on lightly-floured surface for 1 or 2 minutes. Roll out ½ dough into 12-inch circle. Brush with 1 tablespoon butter. Combine remaining sugar with ¾ cup coconut. Sprinkle ½ sugar-coconut mixture over butter. Cut into 12 wedges. Roll up, beginning with wide side. Place rolls, seam side down, in 3 rows in greased 13 x 9-inch baking pan. Lightly cover. Let rise in warm, draft-free place until doubled in bulk, about 1 hour. Bake at 350 for 25 to 30 minutes until golden brown. Glaze while warm. Sprinkle with remaining ¼ cup coconut. Serve warm or cold.

***Glaze:***

**¾ cup sugar**
**½ cup sour cream**
**2 tablespoons orange juice**
**¼ cup butter or margarine**

Combine all ingredients in small saucepan. Bring to a boil. Lower heat and boil 3 minutes, stirring occasionally.

Mrs. Sally A. Kendall
Belknap Unit (Laconia)

# BLUEBERRY BUNS

1 package dry yeast
½ cup warm water
¾ cup milk
¼ cup sugar
¼ cup margarine, melted
1 teaspoon salt
1 egg, beaten
4 cups all-purpose flour
1 (21-ounce) can blueberry pie filling
Powdered sugar, sifted

Sprinkle yeast into warm water. Let stand, then stir to dissolve. Scald milk. Cool to lukewarm. Add sugar, margarine, salt and egg. Mix well. Add yeast. Stir in 2 cups flour. Beat until smooth. Gradually add remaining flour, blending thoroughly. Roll out soft dough on well-floured board to ½-inch thickness. Cut with 2½-inch cookie cutter. Place on greased cookie sheets. Let rise until doubled. Press centers down and fill each with 1 tablespoon pie filling. Bake at 350 for about 20 minutes. Blend powdered sugar with enough warm water or milk to make a thin icing. When rolls are cool, drizzle icing over tops. Yield: 20 to 24 buns.

Mrs. Beverly Johnson
Connecticut River Unit (Pittsburg)

## DOUGHNUTS

**2 eggs, beaten**
**1 cup sugar**
**1 cup sour milk**
**More than 2 cups all-purpose flour**
**1 teaspoon soda**
**½ teaspoon cinnamon**
**½ teaspoon nutmeg**
**¼ teaspoon ginger**

Combine eggs and sugar. Mix well. Add sour milk. Sift 2 cups flour with remaining ingredients. Fold into sour milk mixture. Add enough flour to make a smooth, manageable dough. Roll out gently. Cut into squares and fry in hot fat. Drain on paper towels.

Martha A. Hawkins
Connecticut River Unit (Pittsburg)

## BRAN MUFFINS

**1 cup all-purpose flour**
**½ cup raisins**
**2½ teaspoons baking powder**
**½ teaspoon soda**
**½ teaspoon salt**
**1¼ cups 100% bran cereal**
**1 cup milk**
**1 egg, beaten**
**¼ cup vegetable oil**

Blend together flour, raisins, baking powder, soda and salt. Combine bran cereal with milk in large bowl. After 5 minutes, add egg and oil to bran mixture. Beat well. Add dry ingredients. Stir just until flour is incorporated. Spoon batter evenly into 12 greased muffin cups. Bake at 400 for 20 minutes. Yield: 12 muffins.

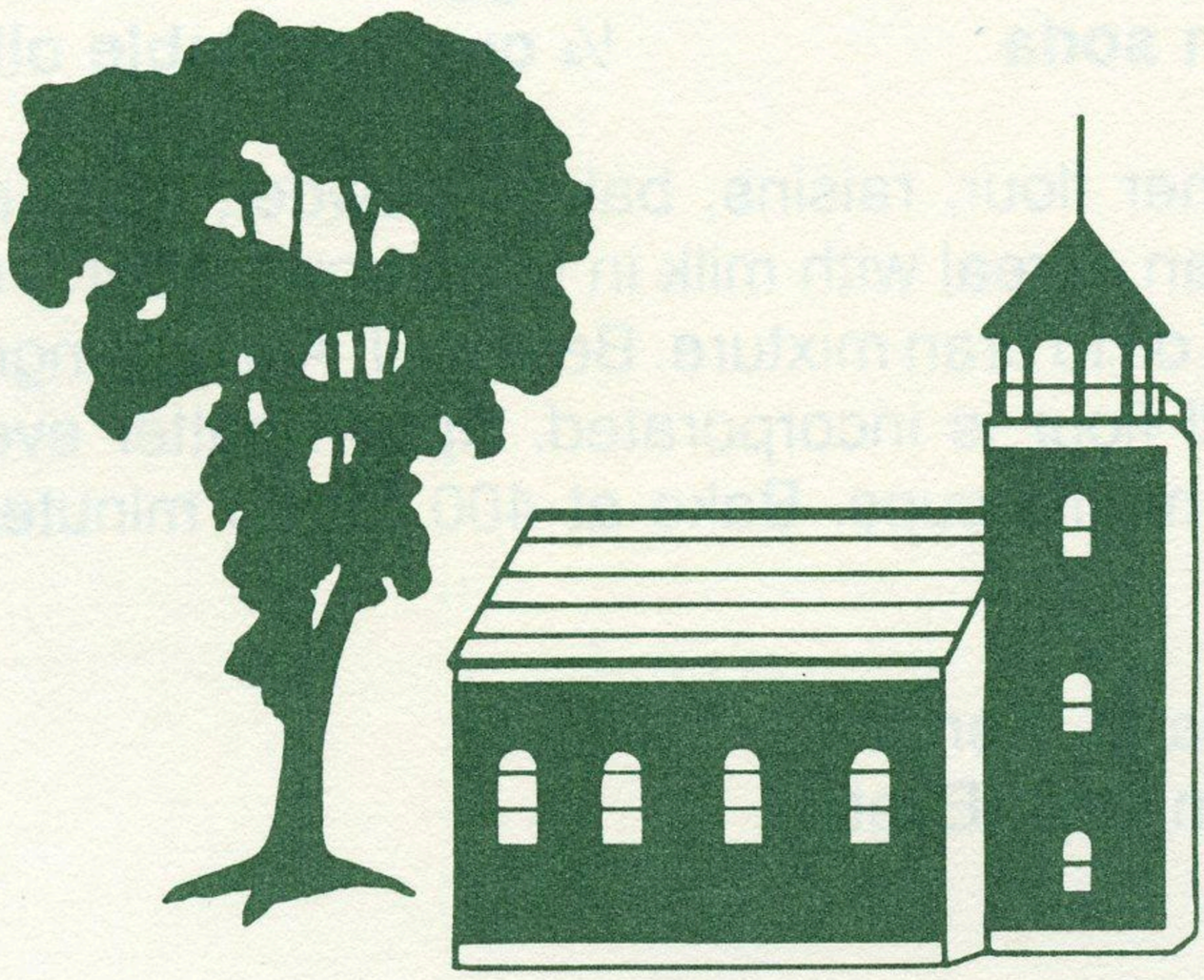
Miss Frances M. Kendall
Southeastern Unit (Exeter)

# REFRIGERATOR BRAN MUFFINS

**1 cup Nabisco 100% Bran**
**1 cup boiling water**
**½ cup shortening or margarine**
**1 cup sugar**
**3 eggs**
**2½ cups unsifted all-purpose flour**
**2½ teaspoons soda**
**½ teaspoon salt**
**2 cups buttermilk**
**2 cups Kellogg's All-Bran**
**¾ cup raisins or chopped dates**
**½ cup nuts, chopped**

Soak 100% Bran in boiling water. Cream shortening and sugar. Add eggs 1 at a time, beating well after each addition. Sift or stir together flour, soda and salt. Add to batter alternately with buttermilk. Fold in soaked 100% Bran. Stir in All-Bran, raisins and nuts. Fill greased muffin cups about ¾ full of batter. Bake at 350 for 20 to 25 minutes.
*Note:* Batter will keep, refrigerated, for up to 3 weeks. If refrigerated, dip batter into muffin tins *without* stirring.

Mrs. Richard E. Dill (Claire)
Greater Portsmouth Unit (Newington)



# ENGLISH MUFFINS

**1 package dry yeast**
**¼ cup warm water**
**2 tablespoons sugar, divided**
**1¼ cups milk, scalded**
**1½ teaspoons salt**
**3 tablespoons margarine**
**1 egg, slightly beaten**
**3½ to 4 cups sifted all-purpose flour**
**¾ cup enriched cornmeal**

Soften yeast in warm water with 1 tablespoon sugar. Pour milk over salt, margarine and remaining 1 tablespoon sugar. Cool to lukewarm. Beat in egg and 1 cup flour. Add yeast and cornmeal. Stir in enough flour to make a soft ball. Turn onto lightly floured board. Knead 10 minutes. Shape dough into ball, place in greased bowl. Cover and let rise in warm, draft-free place until double in bulk, about 1 hour. Punch dough down. Roll to ¼-inch thickness on board sprinkled with cornmeal. Cut muffins out with large biscuit cutter. Cover and let rise until doubled, about 45 minutes. Heat lightly greased griddle or electric frying pan to 325. Place muffins on griddle, cornmeal side down. Cook 8 minutes on each side until golden brown. Yield: 12 to 14 muffins.

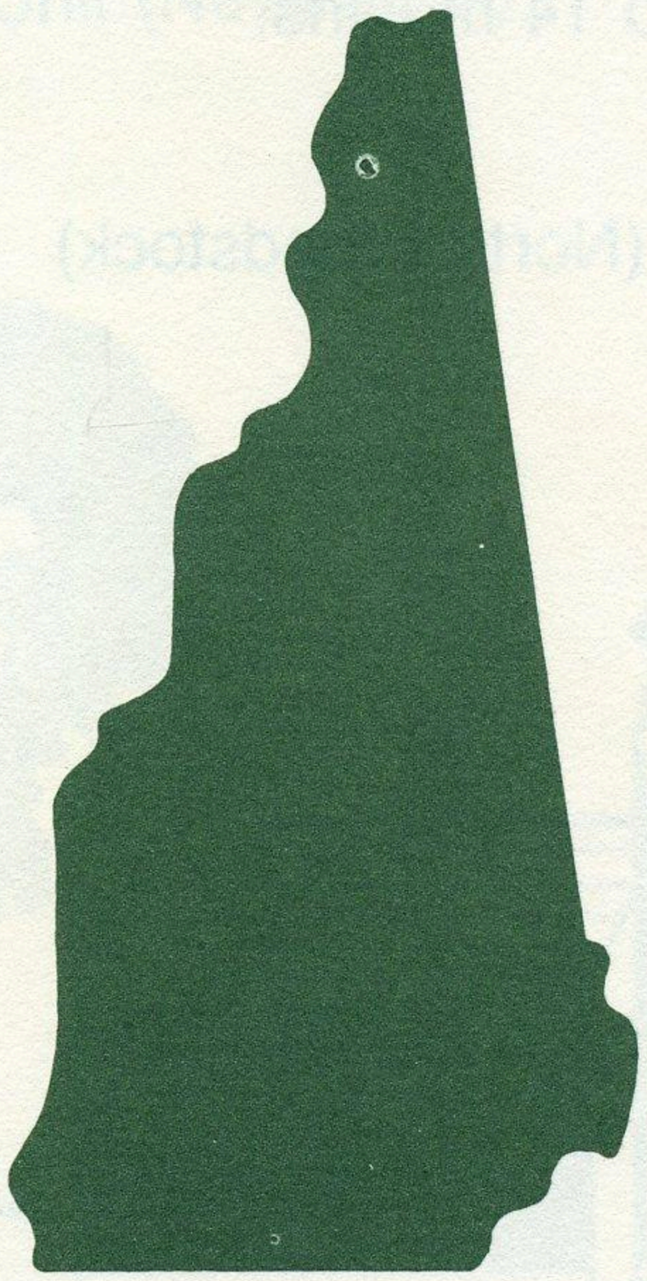
Eleanor C. Parker
Grafton East Unit (North Woodstock)

# SUPER BLUEBERRY MUFFINS

½ cup butter or margarine, softened
1 cup sugar, plus 2 teaspoons sugar, divided
2 eggs, beaten
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup milk
2½ cups blueberries

Cream butter with 1 cup sugar. Add beaten eggs. Mix well. Sift flour with baking powder and salt. Add to egg mixture alternately with milk. Blend thoroughly. Mash ½ cup blueberries. Stir into batter gently. Carefully add remaining blueberries. Generously grease 12 muffin cups or use paper muffin liners. Drop batter by teaspoonfuls into muffin cups. Sprinkle tops with 2 teaspoons sugar. Bake at 375 for 30 minutes. Yield: 12 large muffins.

Yvette Sullivan
Hillsborough North Unit (Manchester)



## NEW HAMPSHIRE WILD BLUEBERRY MUFFINS

**2 cups all-purpose flour**
**1 teaspoon salt**
**3 tablespoons sugar**
**4 teaspoons baking powder**
**1 egg, lightly beaten**
**1 cup milk**
**5 tablespoons shortening, melted**
**1 cup blueberries**

Sift flour together with salt, sugar and baking powder. Combine egg with milk and melted shortening. Add to dry ingredients in large bowl. Stir gently to mix. Do not beat. Fold in blueberries. Bake in greased muffin tins at 475 for about 10 minutes. Yield: 12 muffins.

*Note:* This is not a sweet muffin. Delicious for breakfast or morning coffee.

Martha Jane Bishop
Merrimack Unit (Henniker)

# RAISED BREAD

**2 packages dry yeast**
**¼ cup lukewarm water**
**6 tablespoons shortening (part butter and part shortening)**
**6 tablespoons sugar**
**1 cup scalded milk**
**1 cup cold milk**
**6 scant cups all-purpose flour**

Dissolve yeast in lukewarm water. Stir to mix thoroughly. Blend shortening and sugar with 1 cup scalded milk. Stir until shortening melts. Heat if necessary to dissolve shortening. Add cold milk. When mixture is thoroughly cool, add to dissolved yeast. Stir in 1 cup flour. Blend thoroughly. Add flour, 1 cup at a time, blending well. After 4 cups flour are incorporated, turn dough onto floured board and knead in enough flour to make a pliable dough. You may not need to use the entire 6 cups. Turn dough into a greased bowl. Cover and let rise until double in bulk in a warm, draft-free place. Punch down. Let rise again. Form into rolls. Place on greased cookie sheet. Cover lightly and let rise again until double in bulk. Bake at 350 until golden brown.

*Note:* Begin about 12:30 to have rolls at 5:00 o'clock.

Mrs. John R. Cole (Barbara)
Southeastern Unit (Exeter)

# FOOD PROCESSOR WHOLE WHEAT BREAD

**1 package dry yeast**
**1 cup warm water**
**¼ cup honey**
**1½ cups all-purpose flour**
**1½ cups whole wheat flour**
**1 teaspoon salt**
**4 teaspoons vegetable oil**

Combine yeast, water and honey in a small bowl or mug. Allow to soften for 5 minutes. Using the steel blade, combine white and whole wheat flour with salt in the processor. Add oil to flour. Pour liquids into food processor. Run machine until dough forms a ball. Extra flour may be necessary. Put dough into a greased bowl. Cover and let rise in a warm, draft-free place until double in bulk. Punch down. Let rise again. Punch down. Shape into smooth loaf. Place in greased 8 x 4-inch loaf pan. Cover, put in a warm, draft-free place. Let rise 45 minutes. Bake at 350 for 50 minutes. Cool on wire rack.

Mrs. Michael Weber (Beverly)
Hillsborough North Unit (Goffstown)

# HOT ROLLS—PARKER HOUSE

**2 packages yeast**
**⅔ cup sugar**
**2 cups warm water**
**6 to 6½ cups all-purpose flour, divided**
**1 tablespoon salt**
**½ cup margarine or butter, melted**
**2 eggs, beaten**

Combine yeast with sugar in large mixing bowl. Add water. Stir to mix well. Let stand 10 to 15 minutes, until yeast is bubbly. Sift 4 cups flour with salt. Sift again into yeast mixture. Mix well. Add butter and eggs. Beat at high speed for 2 minutes, using electric mixer. Using a large spoon, beat in 2 cups flour. Using hands, pat in more flour so dough will not be sticky. *Do not knead.* Turn dough into greased bowl. Cover and let rise for 1½ hours in warm, draft-free place. Punch down. Roll dough on lightly floured board to ½-inch thickness. Cut into circles with 1½-inch cutter, cutting as closely together as possible to avoid overworking dough. Dip cut circles into melted butter. Stretch circle slightly and lap top over bottom. Place rolls on greased cookie sheet. Cover lightly and let rise for 1½ hours. Bake at 400 for 10 minutes. Turn out onto rack. Serve hot.

*Note:* Dough can be refrigerated for several days, either as dough or already made into rolls. This is a basic dough—it can be made into cinnamon rolls, crescents, pecan rolls, bow knots, cloverleaf rolls, finger rolls and others.

Mrs. Earl Adams (Louise)
Hillsborough North Unit (Manchester)

# GRANDMOTHER'S SPOONBREAD

**2 cups milk**
**1 teaspoon salt**
**1 cup white cornmeal**
**1 tablespoon sugar**
**2 tablespoons shortening, melted**
**4 eggs**
**2 rounded teaspoons baking powder**

Scald milk with salt. Pour over cornmeal. Add sugar and shortening. Mix well. Beat eggs until light. Add baking powder to eggs and mix well. Pour cornmeal over eggs. Beat lightly. Pour into 8 to 10-inch casserole. Bake at 400 for 30 minutes, or until knife inserted in center comes out clean.

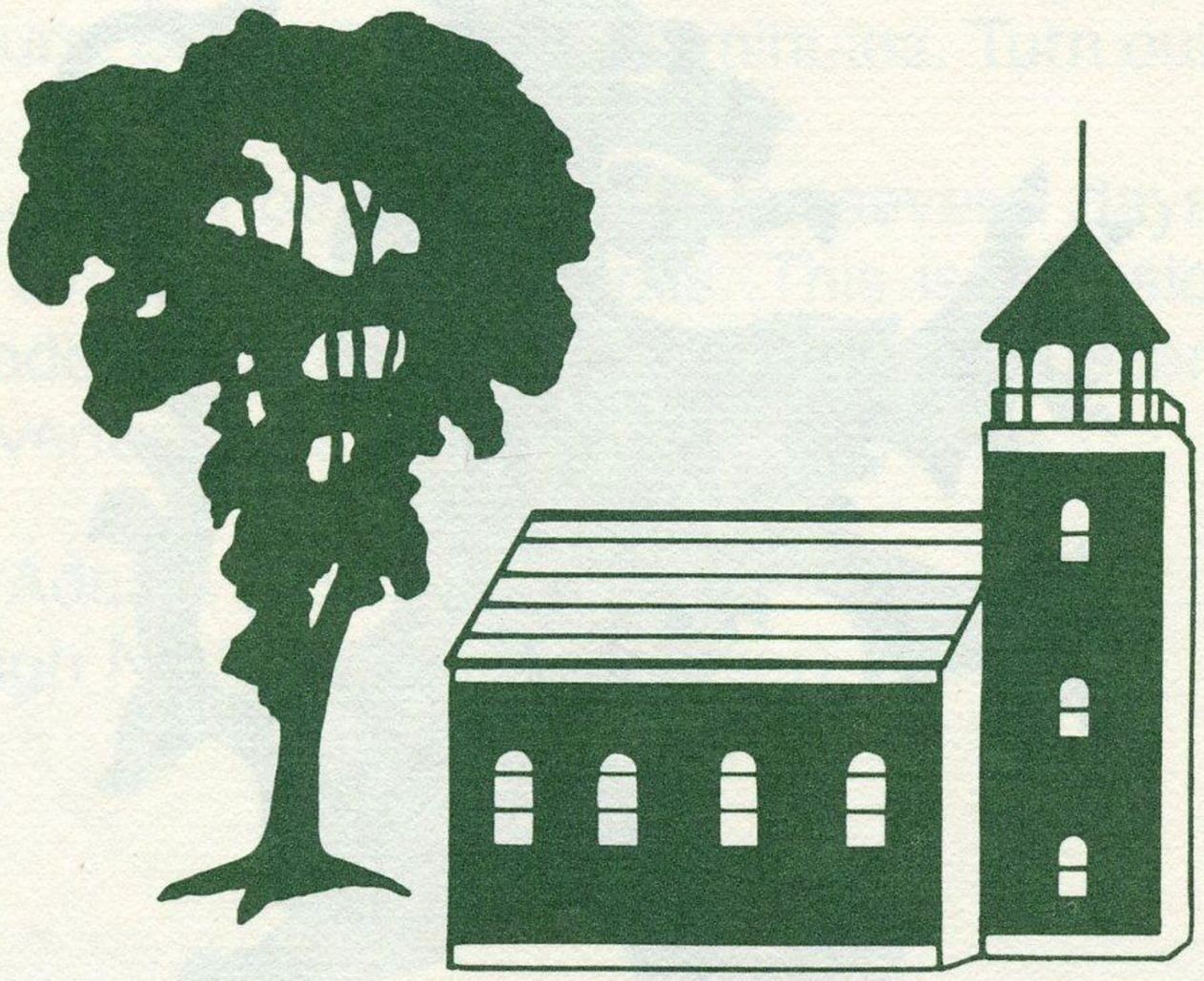
Joni Stover
Belknap Unit (Laconia)

# ZUCCHINI BREAD

3 cups all-purpose flour
1 teaspoon soda
3 teaspoons cinnamon
1 teaspoon salt
1 cup vegetable oil
2 cups sugar
3 eggs, beaten
2 cups zucchini, unpeeled, grated
1 tablespoon vanilla
Raisins or currants (optional)

Sift flour with soda, cinnamon and salt. Blend oil with sugar. Add dry ingredients. Mix well. Add remaining ingredients. Mix thoroughly. Divide batter between 2 greased bread pans. Bake at 325 for 1 hour. Yield: 2 loaves.

Barbara Frost
Grafton North Unit (Wells River, Vermont)



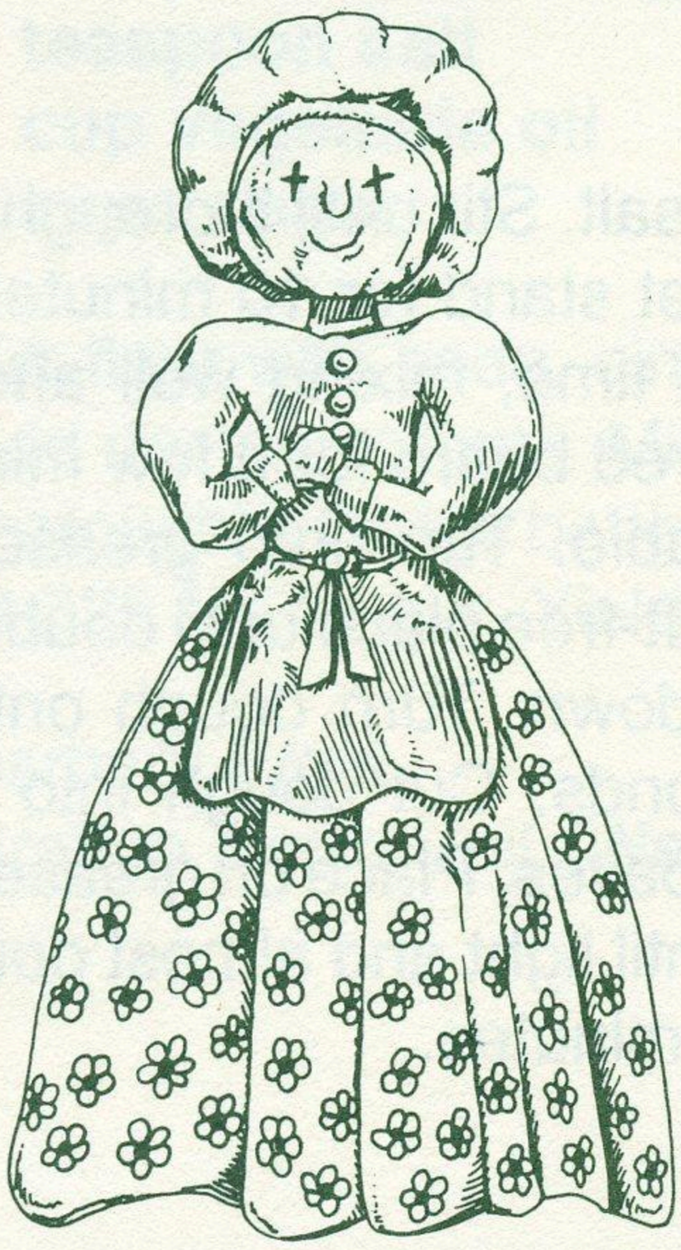
# GREEK BREAD

**1 package dry yeast**
**2 cups lukewarm water**
**1 tablespoon honey**
**2 teaspoons salt**
**1 tablespoon vegetable oil**
**4½ to 5 cups all-purpose flour**

Pour yeast into water with honey and salt. Stir until thoroughly mixed. Cover bowl with a cloth and let stand for 10 minutes. Add oil, then flour, about 1 cup at a time, mixing well after each addition. Knead on a lightly floured board for a few minutes, until dough is smooth and pliable. Turn into greased bowl. Cover and let rise in a warm, draft-free place until double in bulk, about 1 to 2 hours. Punch down. Turn dough onto floured board, knead for a few seconds. Cut dough into 2 equal pieces, and shape into 2 round loaves. Place on greased cookie sheet. Cover lightly. Let rise until light and almost double in size. Bake at 350 for 30 to 45 minutes.

Mrs. Anne R. Hewson
Connecticut River Unit (Pittsburg)

# Pioneer Dolls



**Basic Equipment and Materials:**

Heads: hard, unspotted apple, nuts. Bodies: sticks; wire; green stick; wood chips; corn cob. Hair: yarn, corn silk; wool; cotton; hair; fur.

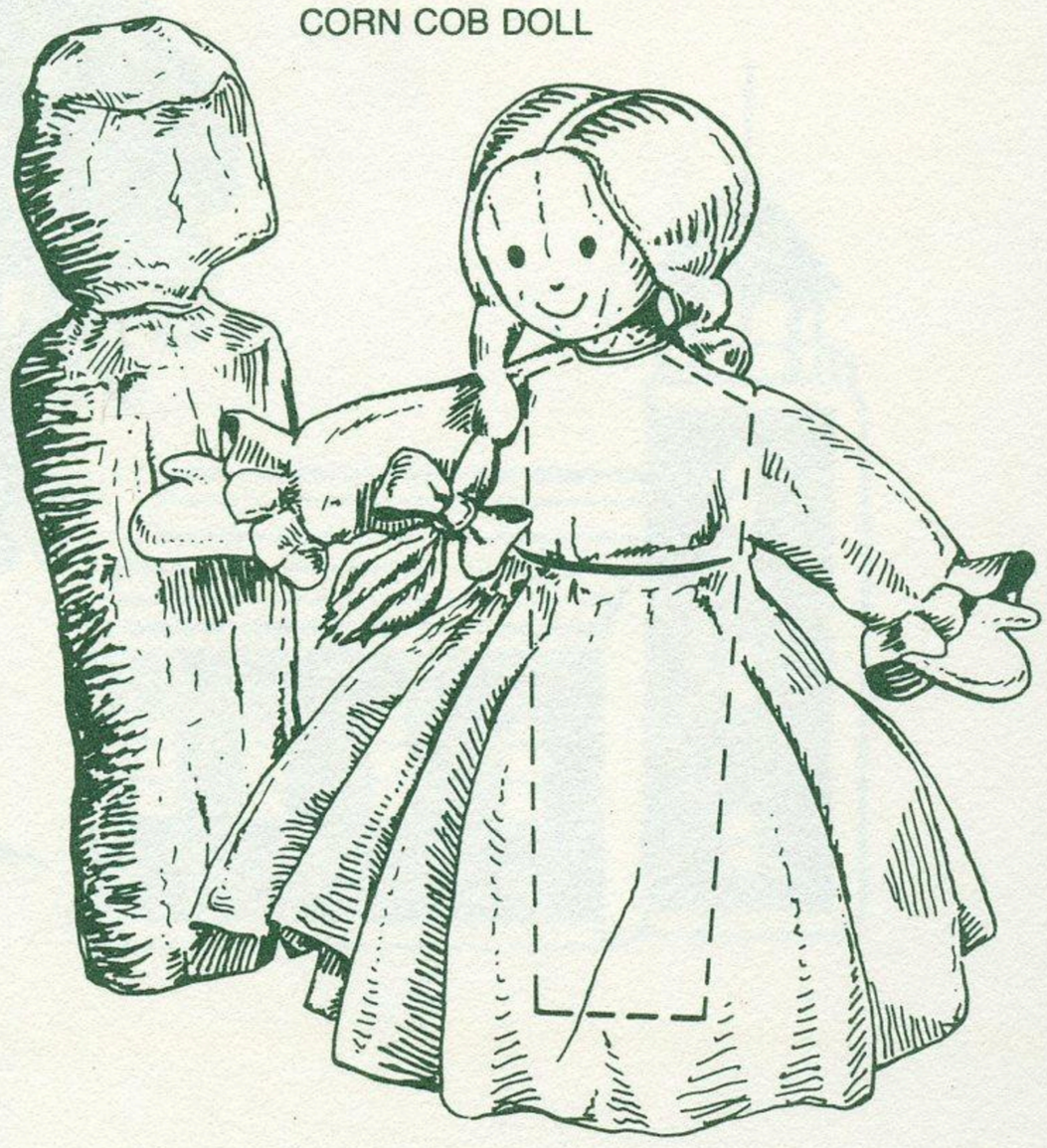
knife drill cloth thread
needle glue string seeds
beads scissors paint
paintbrush cloves
lemon juice

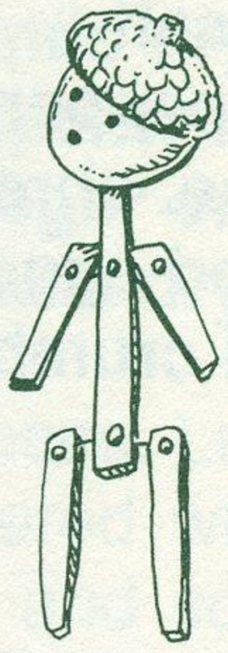
Equipment and materials needed are dependent upon the type of head or body being made.

**Apple Heads:** Peel apple. Carve eyes, nose and mouth. Dip into lemon juice or white vinegar. Poke stick into neck. Prop to dry. It must touch nothing. Dry about 3 weeks. Or dry in 250° oven 3-4 hours. Natural drying is preferred. Hair and eyes are glued on after drying.

**Nut Heads:** Bake nuts and seeds in 200° oven for ½ hour or more to kill insects. Either plan to glue onto cob body or drill hole for stick or wire body. Paint or glue beads, or cloth on face. Glue on hair.

CORN COB DOLL





**Stick Bodies:** Whittle stick to fit hole in head. Glue. Tie green stick (more pliable) or wire around body for arms. Wrap stick or wire with cloth strips to form body and arms. Hands may be made like mittens. Movable bodies are made by drilling holes at the joints. Green sticks can be pierced by large needles. Tie joints together with string. Waxed string is preferred.

ACORN DOLL

**Corn Cob Body and Head:** Carve out neck ½ inch below end of cob. Fashion head as desired.

**Corn Cob Body for Nut Heads:** Cut large end to make flat surface to glue the head on.

**Clothing:** Dress as desired. A simple pattern: Cut cloth in half circle. Sew straight edge with running stitch. Pull thread until cloth bunches around the neck. Drape as desired.

CORN COB AND NUT HEAD DOLL

# Vegetables

# ASPARAGUS-CHEESE CASSEROLE

**2 pounds fresh asparagus**
**½ cup boiling water**
**2 cups milk**
**6 tablespoons butter or margarine, divided**
**4 tablespoons all-purpose flour**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**½ cup cheese, shredded**
**2 hard-cooked eggs, sliced**
**¾ cup bread crumbs**

Place asparagus in covered saucepan with ½ cup water. Cook until tender, about 10 to 15 minutes. Scald milk. Melt butter in small saucepan. Stir in flour. Gradually add milk, stirring constantly until mixture thickens. Season with salt and pepper. Stir in cheese. Arrange asparagus in shallow baking dish. Cover with hard-cooked eggs. Pour cheese sauce over eggs. Melt remaining 2 tablespoons butter in separate saucepan and mix well with bread crumbs. Top casserole with buttered bread crumbs. Bake at 350 until brown and bubbling.

Sandra B. Keans
Strafford Unit (Rochester)

## OLD NEW ENGLAND—BOSTON BAKED BEANS

**1½ pounds dry red beans**
**1 tablespoon salt**
**1 cup sugar or molasses**
**1 teaspoon dry mustard**
**⅛ teaspoon soda**
**¼ pound salt pork, meaty—not all fat**

Rinse beans. Let stand overnight in New England-type bean pot, covered with water. Rinse and drain. Add salt, sugar, mustard and soda. Place salt pork, meaty side up, across beans. Add water to top of pot. Bake at 300 for 4 to 6 hours. Keep water to top of pot until last 30 minutes cooking time. Yield: 8 servings.
*Note:* Serve with brown bread.

Dora L. Kent
Greater Portsmouth Unit (Newington)

## NEW ENGLAND BAKED BEANS

**2 pounds pea beans**
**¾ cup sugar**
**¼ cup molasses**
**1 tablespoon mustard**
**1 tablespoon salt**
**1 medium onion, chopped**
**¼ to ½ pound salt pork**

Soak beans overnight in water to cover. Drain. Cover again with water and simmer until tender, about 30 minutes. Place beans and cooking liquid in bean pot, casserole or crock pot. Add sugar, molasses, mustard, salt and onion. Cut salt pork in ½-inch cubes. Add to bean pot. Cook at 300 for 6 to 8 hours. Add hot water as needed to keep ingredients covered.

Grace Kimball
Merrimack Unit (Contoocook)

# BOSTON BAKED BEANS FROM DURGIN PARK

**1 pound dry navy beans**
**½ teaspoon soda**
**1 medium onion, thinly sliced**
**½ pound salt pork**
**⅓ cup molasses**
**¼ cup sugar**
**1 teaspoon dry mustard**
**2 teaspoons salt**
**¼ teaspoon pepper**

Cover beans with cold water. Soak overnight. Pour off water. Cover with fresh water. Add baking soda. Bring to a boil. Lower heat and simmer 10 minutes. Do not cover pot and watch that it does not boil over. Drain and reserve liquid. Place sliced onion in bean pot. Add ½ the salt pork. Add beans. Combine the bean liquid with molasses, sugar, mustard, salt and pepper. Mix well and pour over beans. Top with remaining salt pork. Cover and bake at 300 for 6 hours.
*Note:* Use any extra bean liquid to add to pot to keep beans from drying out. Use hot water if there is not enough bean liquid.

L. Rene Bergeron
Greater Portsmouth Unit (Portsmouth)

# WOW! BROCCOLI

**1 bunch fresh broccoli, or 2 (10-ounce) packages frozen broccoli**
**1 cup unflavored yogurt**
**1 (10¾-ounce) can cream of mushroom soup**
**⅓ cup Parmesan cheese, grated**

Wash and trim fresh broccoli. Steam or simmer in salted water until just tender, 5 to 7 minutes for frozen broccoli or 10 to 15 minutes for fresh. Drain. Place in well greased 2 to 2½-quart casserole. Combine yogurt with soup and Parmesan. Mix well. Pour over broccoli. Sprinkle with additional Parmesan cheese, if desired. Bake, uncovered, at 350 for 20 to 25 minutes or until bubbly. Yield: 6 servings.
*Note:* This can be heated in a saucepan on top of the stove. It is also delicious cold. Sour cream can be substituted for yogurt with great success.

Mrs. Marian L. Koehler
Connecticut River Unit (Pittsburg)

## BROCCOLI FIXIN'S

**2 (10-ounce) packages frozen chopped broccoli**
**2 cups seasoned stuffing mix**
**½ cup butter or margarine, melted**
**1 (10¾-ounce) can cream of celery soup**

Cook broccoli according to package directions. Drain. Combine stuffing mix with melted butter. Grease a shallow 2-quart casserole. Layer into casserole ½ of the broccoli, ½ the soup and ½ of buttered crumbs. Repeat. Bake at 350 for 25 to 30 minutes. Yield: 8 servings.
*Note:* May be prepared ahead. Fresh broccoli may be used. I cut stalks in half before placing in casserole for easier eating.

Gladys W. Ackerman
Grafton East Unit (Rumney)

## COOKED CABBAGE

**1 medium head cabbage**
**Pinch of salt**
**1 teaspoon sugar**
**1 teaspoon baking powder**
**1 to 2 tablespoons butter or margarine**
**Dash of ground black pepper**

Quarter and core cabbage. Shred. Wash. Put pinch of salt in saucepan of boiling water. Add cabbage. Sprinkle sugar and baking powder on top. Cook, uncovered, 6 or 7 minutes. Drain. Serve dotted with butter and peppered to taste.
*Note:* If you cook cabbage this way, it will maintain its green color and it won't have an odor.

Therese Fuller
Grafton North Unit (Newbury, Vermont)

# BAKED CREAMED CORN AND PEAS

**5 tablespoons butter or margarine, divided**
**2 tablespoons onion, finely chopped**
**⅓ cup celery, finely chopped**
**2 tablespoons all-purpose flour**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**½ teaspoon dried basil**
**1 to 2 teaspoons sugar**
**1½ cups milk**
**1 (10-ounce) package frozen peas, thawed**
**2 cups whole kernel corn, drained**
**¼ cup fine dry bread crumbs**
**¼ cup Cheddar cheese, shredded**

Melt 3 tablespoons butter. Saute onion and celery until golden. Stir in flour, salt, pepper, basil and sugar. Mix well. Gradually add milk. Cook over low heat, stirring constantly, until thickened. Mix peas and corn in shallow 1½-quart baking dish. Pour milk sauce over top, mixing lightly. Melt remaining 2 tablespoons butter. Blend with bread crumbs and cheese. Sprinkle on mixture. Bake at 350 for 30 minutes.

Ann M. Gray
Connecticut River Unit (Pittsburg)

# STUFFED MUSHROOMS

1 (16-ounce) package fresh mushrooms
2 to 4 tablespoons onion, finely chopped
4 tablespoons butter or margarine
Italian bread crumbs
Parmesan cheese, grated
1 (7-ounce) can deviled ham

Remove stems from mushrooms. Chop finely. Sauté stems with onion in butter or margarine until onion is soft. Add bread crumbs, Parmesan and deviled ham. Quantity depends on amount of mushrooms. The consistency is important; it should be stiff enough to shape without being dry. Make walnut-sized balls and place in mushroom caps. Bake at 350 for 15 minutes.

Anita Parsons
Hillsborough North Unit (Bedford)

# NOODLES ALFREDO

**10 ounces noodles**
**½ cup butter**
**½ cup half-and-half**
**½ cup Parmesan cheese, grated**
**½ teaspoon salt**
**Dash of pepper**

Cook noodles according to package directions. Heat butter and cream in small saucepan over low heat until butter melts. Stir in Parmesan, salt and pepper. Mix well. Keep warm over low heat, stirring occasionally. Drain noodles. Return noodles to hot kettle. Pour sauce over noodles. Toss well to thoroughly coat noodles with sauce.

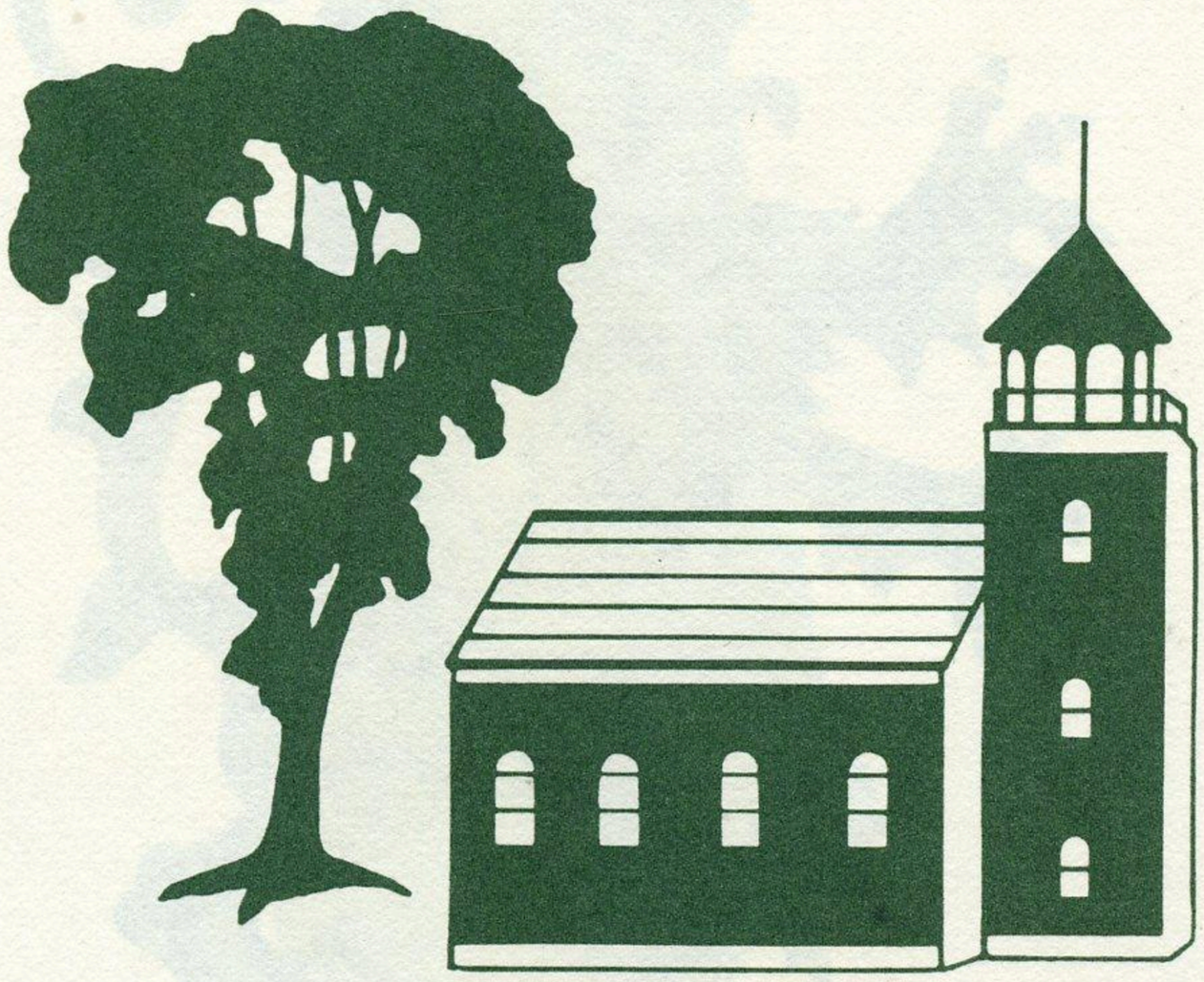
Anita Parsons
Hillsborough North Unit (Bedford)

# TEXAS POTATOES

**4 cups potatoes, diced**
**1½ medium onions, finely chopped**
**1 teaspoon salt**
**⅓ cup pimento, chopped**
**¼ teaspoon pepper**
**2 cups Cheddar cheese, shredded**
**2 cups medium-thick white sauce**
**½ cup finely crushed cracker crumbs**
**Butter or margarine**

Cook potatoes, onion and salt in small amount of water over medium heat for 10 minutes. Drain well. Add pimento. Mix well. Place in 1½-quart casserole. Add pepper and cheese to white sauce. Blend until smooth. Pour over potatoes. Top with crumbs. Dot with butter. Bake at 350 until brown.

Sandra B. Keans
Strafford Unit (Rochester)

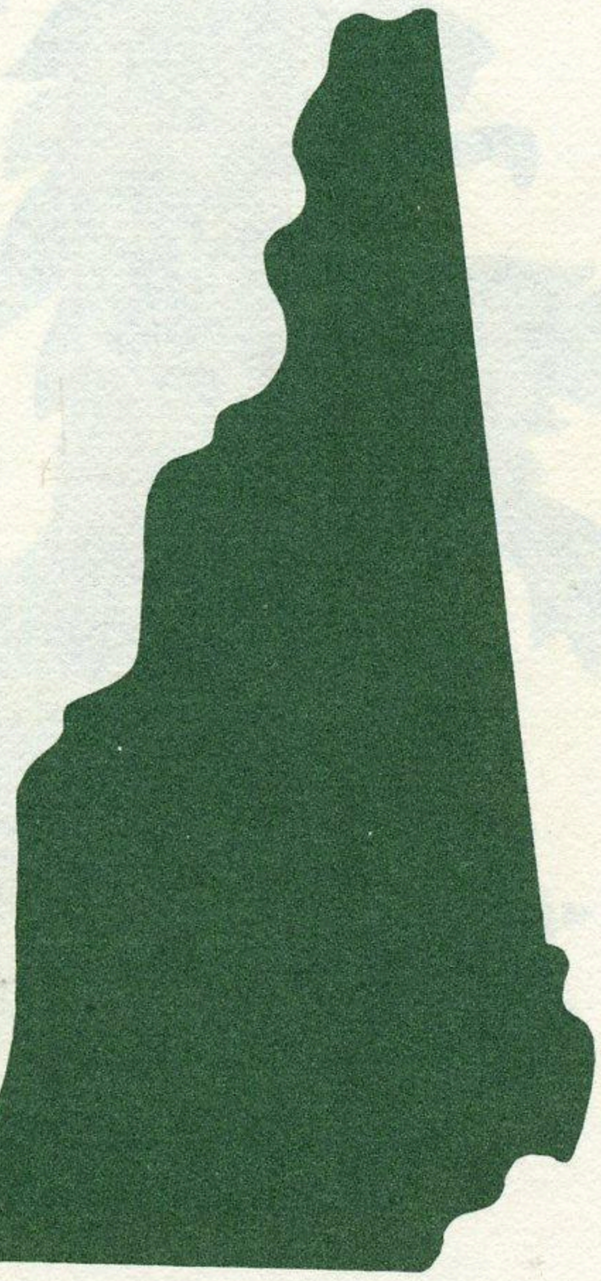


# RICE AND VEGETABLE CASSEROLE

**3 medium green peppers**
**2 medium onions**
**2 (16-ounce) cans tomatoes, undrained**
**1 cup raw rice**
**2 (10½-ounce) cans beef consomme**
**½ cup butter or margarine**
**1 tablespoon salt**
**1 teaspoon pepper**
**1 tablespoon dried oregano**

Cut peppers and onions into 2-inch strips. Put in 2½-quart baking dish or casserole. Chop tomatoes roughly. Add to casserole with can juices. Add remaining ingredients, in order given. Mix well. Cover. Bake at 375 for 90 minutes, or until casserole is slightly moist on top. Yield: 4 to 6 servings.

Mrs. Christian Tali (Louise)
Greater Portsmouth Unit (Manchester)



# SPINACH CASSEROLE

**3 (10-ounce) packages frozen chopped spinach**
**1 envelope dried onion soup mix**
**2 cups sour cream**
**½ cup herb-seasoned stuffing mix**
**2 tablespoons butter or margarine, melted**

Cook spinach according to package directions. Drain well. Combine with soup mix and sour cream. Put into greased 1½-quart casserole. Top with stuffing mix. Drizzle with butter. Bake at 400 for 15 to 20 minutes. Yield: 8 to 10 small servings.

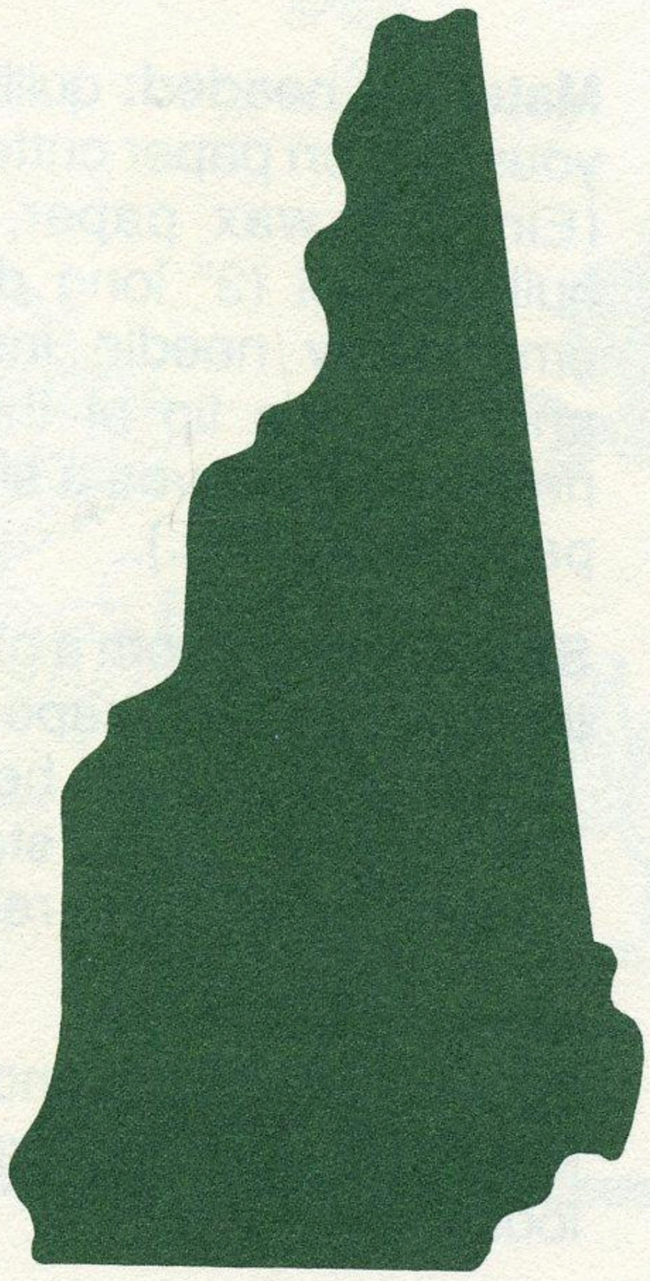
Mrs. Peter M. Cole (Judy)
Carroll South Unit (Wolfeboro)

# SUMMER SQUASH CASSEROLE

6 cups summer squash, cut into small cubes
¼ cup onion, grated
1 (10¾-ounce) can cream of chicken soup
1 cup carrot, grated
1 pint sour cream
1 (6-ounce) package stuffing mix
¼ cup margarine, melted

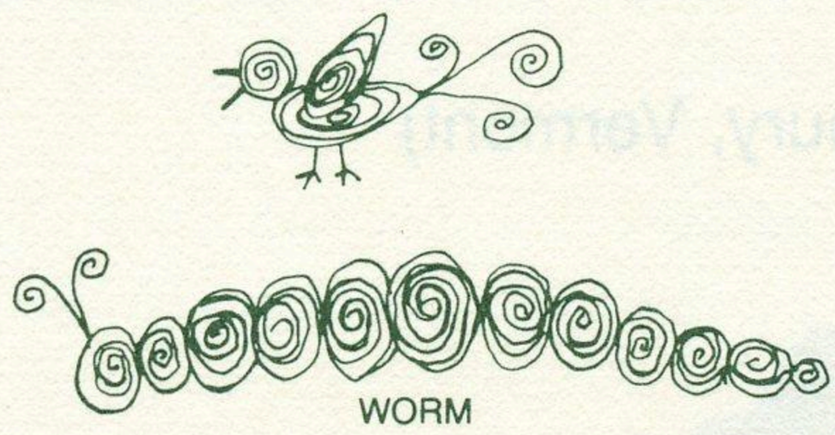
Simmer squash and onion 5 minutes. Drain thoroughly. Mix together soup, carrot and sour cream. Fold in squash and onion. Toss melted margarine with stuffing. Spread layer of buttered crumbs in baking dish. Pour squash mixture over crumbs. Top with remaining crumbs. Cover with foil. Bake at 350 for 25 to 30 minutes.

Alma Gilson
Grafton North Unit (South Newbury, Vermont)



# Quilling

Quilling is an "art so old it is new." Paper is fragile so few examples have survived. The 17th century nuns of Italy rolled narrow strips of paper around quills from birds and this is where the name quilling originated. Quilling spread to France and England, then to pre-revolutionary colonial America. Today paper comes pre-cut 1/8th inch wide by about 24 inches long and in many colors. It can be split to 1/16th inch wide for a daintier design. Quilling is not just flowers, but trees, boats, animals, Easter eggs, brooches, Christmas ornaments, jewelry, and dainty flowers around wedding invitations and birth announcements.



**Materials needed:** quilling paper (cut your own on paper cutter), white glue (Elmers), wax paper, tooth picks, quilling tool (3" long dowel with an embroidery needle inserted in the end. Cut the tip of the eye off the needle; this leaves a slit to insert the paper for rolling.)

**Shapes** made from a glued loose roll, then pinched to shape.

| | |
|---|---|
| diamond | heart shape |
| tear drop | star |
| rabbit ears | rectangle |

**Basic rolls:**
tight roll—roll tight and glue the end
loose roll—roll, remove from tool, let loose, glue end

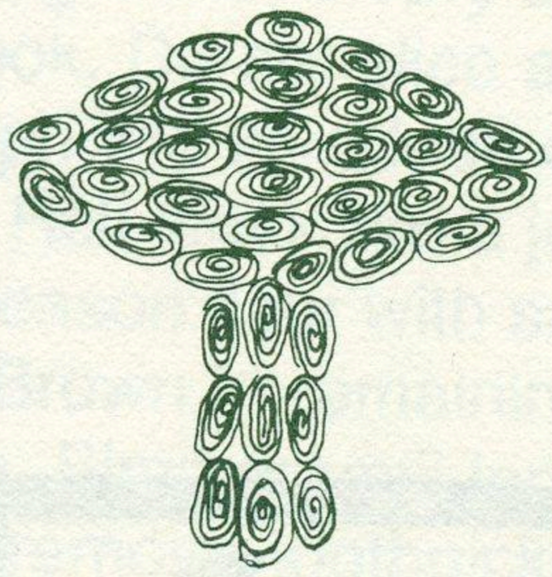
**Scrolls**—curled but not glued

| | |
|---|---|
| scroll | v-shape |
| s-shape | open heart |

**Procedure:** Place wax paper over pattern (protects pattern), cut paper to desired length, make necessary shapes, arrange on pattern by putting small dabs of glue on rolls with a toothpick so rolls are glued to each other. When dry lift off wax paper with spatula.

**Flower**
flower center—tight roll 1-8″ yellow
petals—loose roll 8-2½″ pink
stem 1″ green
leaves 2-2″ green teardrops

**Snowflake**
1-3″ strip—loose roll (center)
12-6″ strips—teardrops
18-3″ strips—loose rolls



DOG

# Main Dishes

# BEEF MARINADE
## (For Shish-ka-bob)

½ cup soy sauce
¼ cup wine vinegar
¼ cup pineapple juice
¼ cup light brown sugar, firmly packed
1 teaspoon salt
¼ teaspoon garlic powder

Combine all of ingredients. Marinate chunks of steak 3 hours. Use marinade for basting. Use only an open charcoal grill. *Do not* use in broiler.

Anita Parsons
Hillsborough North Unit (Bedford)

# ROLLED FLANK STEAK

2 tablespoons butter or margarine, divided
2 tablespoons olive oil, divided
6 to 8 mushrooms, sliced
½ cup ham, diced
1 or 2 Polish sausages, diced
1 cup pine nuts or almonds
1 recipe of quick rice pilaf
1 flank steak
1 cup cheese, shredded
1 cup all-purpose flour
Salt and pepper to taste
½ teaspoon dried tarragon
1 (10½-ounce) can beef bouillon
1 cup red wine

Heat 1 tablespoon butter and 1 tablespoon olive oil in heavy skillet. Saute mushrooms until limp. Add ham, sausage, nuts and pilaf. Mix well. Remove from heat. Butterfly flank steak by splitting it with a very sharp knife so that it can be opened like a book. Do not slice all the way through the steak. Open steak. Sprinkle shredded cheese over steak. Cover with pilaf mixture. Roll steak like a jelly roll. Secure with toothpicks and string. Season flour with salt, pepper and tarragon. Roll steak in flour. Brown in remaining butter and olive oil. Add bouillon and wine. Simmer until tender, approximately 2 hours. Before serving, remove toothpicks and string. Slice and present on warmed platter. Pour pan juices over slices.

Michelle M. Jones
Hillsborough North Unit (Manchester)

# GOOD N EASY BAR-B-QUE SAUCE AND GLAZE

**1 cup catsup**
**1 cup light brown sugar, firmly packed**
**¼ cup onion, chopped**
**⅛ cup lemon juice**

Combine ingredients. Stir until well-blended. To use as bar-b-que sauce: Partially cook hamburgers, hot dogs, chicken, or whatever. Brush sauce on both sides. Cook to desired doneness, basting with sauce as desired. To use as glaze: Cook ham or roast pork according to recipe. Spread sauce all over ½ hour before cooking is complete. Return to oven to complete cooking. To use as cooking sauce: Arrange meat (chicken, pork chop, ham slice, et cetera) in shallow baking dish. Spread sauce generously on top. Cook until done.

Juliana M. Harris
Hillsborough North (Manchester)

# CHICKEN-BEEF CACCIATORE

3 tablespoons vegetable oil
2 tablespoons butter or margarine
2 pounds chuck, cut into 1-inch strips
8 pieces chicken
1 cup onion, chopped
1 (28-ounce) can whole tomatoes
1 (8-ounce) can tomato sauce
1 cup dry white wine
1½ teaspoons dried oregano
1 clove garlic, mashed
2 tablespoons fresh parsley, chopped, divided
2 teaspoons dried basil
2 green peppers, cut into strips
1 teaspoon salt
3 tablespoons all-purpose flour
1 (4-ounce) can mushrooms
Grated Parmesan cheese

Heat oil and butter in large, heavy skillet. Brown beef and chicken with onion over high heat. When meat is browned on both sides, add tomatoes, tomato sauce and wine. Stir well and reduce heat. Add oregano, garlic, 1 tablespoon parsley, basil, peppers and salt. Stir. Bring just to a boil. Simmer 1 hour. Add flour and mushrooms. Stir well. Sprinkle with remaining parsley and Parmesan before serving.

Anita Parsons
Hillsborough North Unit (Bedford)

## DEARIE'S DELICIOUS HAMBURGER STROGANOFF

**1 pound ground beef**
**½ cup onion, chopped**
**4 tablespoons butter or margarine**
**2 tablespoons all-purpose flour**
**1 teaspoon salt**
**1 clove garlic, minced**
**¼ teaspoon pepper**
**1 (4-ounce) can mushroom stems and pieces, drained**
**1 (10¾-ounce) can cream of mushroom soup**
**1 cup sour cream**

Brown meat and onion in butter in large heavy skillet, stirring frequently. When meat is brown and onion tender, stir in flour, salt, garlic, pepper and mushrooms. Simmer 5 minutes, stirring constantly. Reduce heat. Simmer, uncovered, 10 more minutes. Add sour cream. Mix well. Simmer long enough to heat thoroughly. Yield: 4 servings.
*Note:* Serve with Poppy Seed Noodles.

Mrs. Simone Senechal
Rockingham West Unit (Derry)

## POPPY SEED NOODLES

**8 ounces medium egg noodles**
**2 teaspoons poppy seeds**
**1 tablespoon butter or margarine**

Cook noodles according to package directions. Drain. Stir in poppy seeds and butter.
*Note:* Brighten this casserole with a parsley or chive garnish from your kitchen garden, or with paprika.

Mrs. Simone Senechal
Rockingham West Unit (Derry)

## HAMBURG SUPPER DISH

**3 cups raw potatoes, sliced**
**2 cups celery, chopped**
**1 pound (or more) ground beef, crumbled**
**2 teaspoons salt**
**1 tablespoon butter or margarine, in small pieces**
**1 green pepper, finely chopped**
**1 onion, chopped**
**1 (12-ounce) can Campbell's tomato juice**

Place ingredients, in order given, in greased casserole. Butter is dotted over top of salted ground beef. Pour tomato juice over all. Bake at 325 for 2 hours, or until potatoes are cooked. Yield: 6 servings.

Deborah Clark Batchelder
Grafton East Unit (North Woodstock)

## QUICK BEEF STEW

**2 pounds lean beef, cut into bite-sized pieces**
**4 large potatoes, peeled and quartered**
**6 large carrots, chopped**
**2 large onions, chopped**
**1 (4-ounce) can mushrooms**
**1 (12-ounce) can V-8 or tomato juice**
**1 tablespoon minute Tapioca**
**Salt and pepper to taste**

Combine all ingredients in casserole. Stir. Cook at 250 for 5 hours. Yield: 6 servings.
*Note:* It is important not to brown the meat before cooking. This stew may also be prepared in a crock pot. Cook at medium setting for about 5 hours.

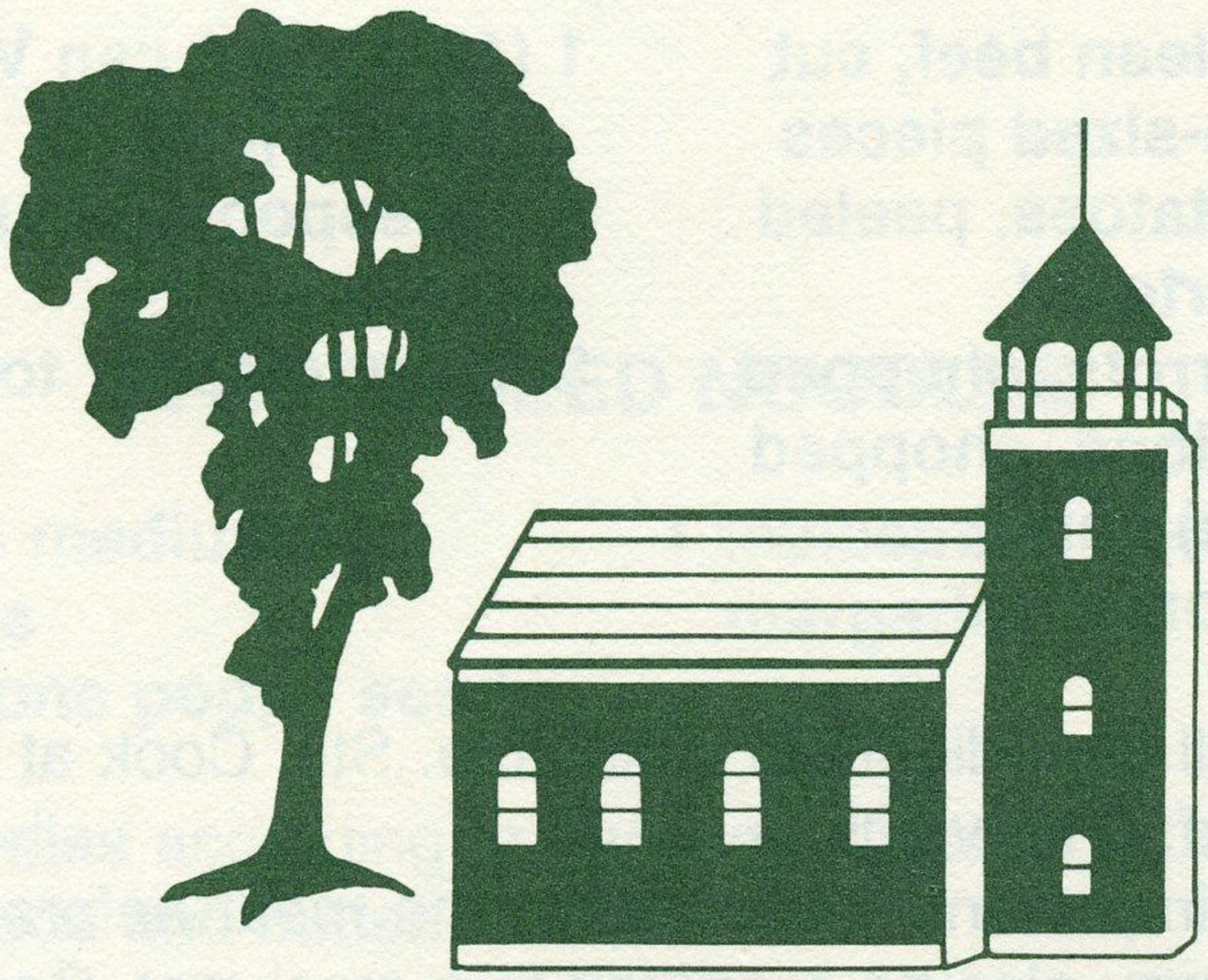
Grace Herbert
Belknap Unit (Gilford)

# DRIED BEEF CASSEROLE

**1 (10¾-ounce) can cream of mushroom soup**
**1 cup milk**
**1 cup processed Cheddar cheese, shredded**
**3 tablespoons onion, chopped**
**1 cup uncooked elbow macaroni**
**¼ pound dried beef, cut into bite-sized pieces**
**2 hard-cooked eggs, sliced**

Put soup in saucepan. Stir in milk until well-blended. Add cheese, onion, macaroni and beef. Mix well. Carefully fold in hard-cooked eggs. Turn into buttered 1½-quart baking dish. Cover and refrigerate 3 to 4 hours or overnight. Bake, uncovered, at 350 for 1 hour. Yield: 4 to 6 servings.

Norma Lee Weaver



# BARBEQUED POT ROAST

**4 to 5 pound beef pot roast**
**2 teaspoons salt**
**½ teaspoon pepper**
**2 tablespoons butter and margarine**
**½ cup water**
**1 (8-ounce) can tomato sauce**
**3 medium onions, sliced**
**2 cloves garlic, mashed**
**2 tablespoons brown sugar, firmly packed**
**½ teaspoon dry mustard**
**¼ cup lemon juice**
**¼ cup vinegar**
**¼ cup catsup**
**1 tablespoon Worcestershire sauce**

Rub surface of pot roast with salt and pepper. Brown roast on all sides in butter in a large heavy saucepan or Dutch oven. Add water, tomato sauce, onion and garlic. Cover and cook over low heat for 1½ hours. Mix remaining ingredients together. Pour over pot roast. Cook slowly, covered, for another 1½ to 2 hours or until meat is tender. The longer and slower the meat is cooked, the better the flavor will be.
*Note:* Serve gravy, without thickening, over shell macaroni as an accompaniment to pot roast.

Patricia Sabin
Grafton North Unit (Boltonville, Vermont)

# MEAT BALLS STROGANOFF

**1 pound lean ground beef**
**1 teaspoon salt**
**¼ teaspoon pepper**
**¼ cup catsup**
**1 tablespoon plus 1½ teaspoons Worcestershire sauce, divided**
**¼ cup onion, finely chopped**
**½ cup bread crumbs or cornflake crumbs**
**1½ cups evaporated milk, divided**
**2 tablespoons all-purpose flour**
**2 tablespoons vegetable oil**
**1 (10¾-ounce) can cream of mushroom soup**
**1 tablespoon vinegar**

Combine ground beef with salt, pepper, catsup, 1 tablespoon Worcestershire, onion, bread crumbs and ½ cup evaporated milk. Mix well and shape into meat balls. Roll meat balls in flour. Brown in hot vegetable oil in heavy skillet. Pour off fat and place meat balls in medium casserole. Combine the remaining 1 cup evaporated milk with soup, vinegar and 1½ teaspoons Worcestershire. Blend well. Add to skillet and heat thoroughly. Pour over meat balls. Bake at 350 for 10 minutes, or heat through on top of stove over very low heat. Yield: 4 servings.

Barbara Cirincione
Grafton East Unit (Ashland)

# LASAGNA

3 to 4 cloves garlic, mashed
1 medium onion, sliced
4 to 6 tablespoons olive oil
1 package hot Italian sausage
1 package sweet Italian sausage
1 pound ground beef
1 egg, beaten
¼ bunch fresh parsley, chopped
4 to 6 ounces Cheddar cheese, shredded
1 (16-ounce) can tomato purée
2 (8-ounce) cans tomato sauce
1 teaspoon sugar
1 teaspoon salt
½ teaspoon pepper
1 teaspoon dried oregano
2 teaspoons dried basil
1 (16-ounce) carton ricotta cheese
2 pounds Mozzarella, shredded
Parmesan cheese, grated (optional)
1 (16-ounce) package lasagna noodles

Brown garlic and onion in olive oil. Remove skins from sausages and combine sausage with ground beef in a large mixing bowl. Add egg, parsley and Cheddar cheese. Mix well with meat mixture. Shape into meatballs. Sauté with garlic and onion until well browned. Add tomato purée, tomato sauce, sugar, salt, pepper, oregano and basil. Stir to mix well. Simmer, uncovered, for at least 1 hour, preferably 3 or 4 hours. Mash meatballs. Cook lasagna according to package directions. Drain. Pour thin layer of tomato sauce in a shallow 3-quart baking dish. Add layer of noodles, then meat, then sauce, then ricotta and Mozzarella. Repeat, layering as many times as you choose, ending with noodles topped with sauce. Sprinkle grated Parmesan or some reserved Mozzarella over the top. Bake at 350 for 20 to 30 minutes.
*Note:* Serve with a tossed green salad and red wine.

Anita Parsons
Hillsborough North Unit (Bedford)

## AMERICAN CHOP SUEY

**1 pound elbow macaroni**
**2 large onions, chopped**
**2 tablespoons margarine**
**2 pounds ground beef**
**2 (10¾-ounce) cans tomato soup**
**1 (16-ounce) can tomatoes**
**Salt and pepper to taste**

Cook macaroni according to package directions. Sauté onion in margarine in large, heavy skillet until light brown. Add ground beef and cook, stirring occasionally, until beef browns. Add soup. Mix well. Simmer 10 minutes. Combine tomatoes and cooked macaroni. Add to ground beef mixture. Season to taste with salt and pepper. Yield: serves a large crowd.

Florence Scott
Connecticut River Unit (Pittsburg)

## HOBO CHILI

**1½ pounds ground beef**
**1 onion, chopped**
**1 green pepper, chopped**
**3 (16-ounce) cans tomatoes**
**1 (16-ounce) can tomato sauce**
**1 (17-ounce) can corn kernels**
**1 (15-ounce) can kidney beans**
**2 cups potatoes, cut in cubes**
**1 teaspoon salt**
**1 teaspoon chili powder, or to taste**

Brown the beef, onion and green pepper together in frying pan. Cook until meat loses red color. Pour off grease. Combine with remaining ingredients in a large pot. Cook over medium heat, stirring occasionally, for 30 minutes or until potatoes are soft.

Linda L. Leopold
Greater Portsmouth Unit (Eliot, Maine)

# EGG FOO YONG WITH ORIENTAL SAUCE

***Egg foo yong:***

**½ pound fresh bean sprouts or green beans, or**
**1 (9-ounce) package frozen cut green beans, thawed**
**1 cup loosely shredded carrot**
**6 eggs, beaten**
**¼ teaspoon garlic salt**
**⅛ teaspoon pepper**

Combine all ingredients. Spoon ¼ cup into hot, greased skillet. Cook at moderate heat 2 to 3 minutes or until lightly browned. Turn and brown other side 2 to 3 minutes. Place on warm platter. Repeat until all patties are cooked. Serve with Oriental Sauce.

***Oriental Sauce:***

**1 tablespoon cornstarch**
**1 tablespoon soy sauce**
**2 teaspoons sugar**
**2 teaspoons vinegar**
**1½ cups chicken broth or bouillon**

Combine cornstarch with soy sauce, sugar and vinegar. Blend until cornstarch and sugar are dissolved. Add broth. Simmer over medium heat, stirring constantly, until thickened. Yield: 6 to 8 servings of 2 patties each.

Mrs. Robert Barton
Southeastern Unit (Hampton)

# CHEESE SPOON PUFF

**3 cups cold milk**
**1 cup yellow cornmeal**
**1 teaspoon salt**
**¼ to ½ teaspoon dry mustard**
**Dash of cayenne pepper**
**2 cups sharp cheddar cheese, shredded**
**4 eggs, separated**

Place milk in top of double boiler. Gradually add cornmeal, salt, mustard and cayenne, stirring constantly to prevent lumping. Cook over simmering water, stirring constantly, until mixture begins to thicken. Add cheese. Stir until completely melted. Remove from heat. Cool slightly. Beat egg yolks until thick and light. Add ½-cup hot mixture to egg yolks. Mix well. Pour into hot mixture, stirring constantly until thoroughly incorporated. Beat egg whites until stiff but not dry. Gently fold into egg yolks, without stirring. Pour carefully into buttered 2-quart baking dish. Bake at 350 for 40 minutes, until firm and golden. Serve immediately. Yield: 6 servings.

Patricia Louise Dobbins
Hillsborough North Unit (Manchester)

## STOVE-TOP SOUFFLÉ

**3 eggs, separated**
**2 tablespoons Dijon mustard**
**1 tablespoon butter or margarine**
**2 tablespoons Parmesan or Swiss cheese, freshly grated**

Beat egg whites until glossy and stiff. Beat yolks with mustard. Fold into whites. In 10-inch omelette pan, melt butter. Pour eggs into pan. Sprinkle cheese over eggs. Tilt pan to spread eggs over entire pan surface. Cook over low heat until sides are brown. Hold pan under broiler for 1 minute, until soufflé is lightly brown and set.

Betteann Haley
Belknap Unit (Gilford)

## UNBELIEVABLE QUICHE

**2 cups cauliflower or broccoli, thinly sliced**
**⅓ cup onion, chopped**
**⅓ cup green pepper, chopped**
**1 cup cheddar cheese, shredded**
**1 cup milk**
**½ cup Bisquick**
**3 eggs**
**½ teaspoon salt**
**½ teaspoon pepper**

Cook cauliflower for 10 minutes. Drain. Place in greased quiche pan, or 9 or 10-inch pie plate. Sprinkle with onion, green pepper and cheese. Place milk, Bisquick, eggs, salt and pepper in blender. Cover blender and process for 15 seconds. Pour over cauliflower. Bake at 375 for 25 to 30 minutes, until knife inserted in center comes out clean. Let stand 5 minutes before serving. Yield: 6 servings.

Mrs. Fay Chappell
Connecticut River Unit (Pittsburg)

## PORK PIE

**1½ pounds pork, ground**
**1 pound ground beef**
**½ teaspoon allspice**
**½ teaspoon cinnamon**
**¼ teaspoon salt**
**¼ teaspoon pepper**
**2 medium potatoes, peeled and cut in large dice**
**2 (8-inch) unbaked pie shells**

Put ground pork in large, heavy kettle. Add water to cover pork. Boil for 30 minutes, covered, over medium heat. Add ground beef, allspice, cinnamon, salt and pepper. Continue boiling for 1 hour over medium heat. Lower heat and simmer 30 minutes. Add potatoes 20 minutes before end of cooking time. Add water if necessary. Mash all ingredients together. Spoon into pie shells. Bake at 400 for 30 minutes.

Jackie Roy
Strafford Unit (Rochester)

## PORK CHOPS ITALIANO

**6 to 8 pork chops**
**¼ cup vegetable oil**
**6 medium onions, sliced**
**1 pound Ziti macaroni**
**Romano cheese, grated**

Brown pork chops on both sides in large heavy skillet with vegetable oil. Lower heat and cook chops until done. Remove chops. Saute onion in skillet in pork drippings until onion is slightly brown and tender. Cook Ziti in large saucepan according to package directions. Add a few spoonfuls salted water from macaroni pot to onion in skillet to make sauce. Mix well. Drain macaroni. Add to onion sauce in skillet. Serve with pork chops. Sprinkle Romano over each serving. Yield: 6 servings.

Mary J. Dionne
Hillsborough North Unit (Manchester)

# PORK CHOPS CHASSEUR

**1 (16-ounce) can tomatoes, reserve liquid**
**6 pork chops**
**1 (10¾-ounce) can golden mushroom soup**
**⅓ cup onion, chopped**
**2 teaspoons prepared mustard**
**¼ teaspoon pepper**
**½ cup dill or sweet gherkin pickles, sliced**
**3 cups hot cooked rice**
**2 tablespoons parsley, chopped**

Drain tomatoes. Reserve ½ cup liquid. Brown chops in heavy skillet. Pour off fat. Combine soup, ½ cup tomato liquid, onion, mustard and pepper. Mix well. Pour over chops. Cover and cook over low heat 30 minutes, stirring occasionally. Add tomatoes and pickles. Continue simmering until thoroughly heated. Toss rice with parsley. Serve pork chops and sauce over rice. Yield: 4 to 6 servings.

Donna M. Chadwick
Belknap Unit (Laconia)

# HAM AND BROCCOLI BAKE

**1 (8-ounce) jar Cheez Whiz**
**2 (10¾-ounce) cans cream of chicken soup**
**½ cup milk**
**½ cup onion, chopped**
**4 tablespoons butter or margarine**
**1 (10-ounce) package frozen broccoli, or**
**1 medium bunch fresh broccoli**
**4 cups cooked ham, chopped**
**2 cups pre-cooked rice**
**½ teaspoon Worcestershire sauce**

Blend cheese, soup and milk in large bowl. Sauté onion in butter until limp. Undercook broccoli so that it is not quite tender. Add broccoli, ham, onion, rice and Worcestershire to cheese mixture. Turn into 2 (1½-quart) casseroles. Bake at 350 for 35 to 40 minutes.
*Note:* May be frozen before baking. Cover tightly to freeze. Cook, unthawed and still covered, at 400 for 1½ hours. Uncover and cook 30 more minutes.

Ruth Grassie
Carroll South Unit (Wolfeboro)

# POTTED PORK

**1½ pounds boneless pork, fat removed**
**2 tablespoons olive oil**
**1 large onion, quartered**
**Salt and pepper to taste**
**1 bay leaf**
**½ teaspoon dried thyme**
**½ teaspoon dried rosemary**
**1 (6-ounce) can pitted black olives, reserve ½ liquid**
**1 (16-ounce) can plum tomatoes, chopped**
**1 (8-ounce) can sliced mushrooms, drained**
**1 cup Burgundy (any dry red wine)**

Reserve a small piece of pork fat from trimming roast. Heat olive oil with pork fat. Brown cubed pork on both sides. Remove from pan. Brown onion. Return pork to pan. Add salt, pepper, bay leaf, thyme, rosemary and liquid from canned olives. Cover and simmer 10 minutes. Add olives, tomatoes and mushrooms. Cover and simmer 45 minutes, or until pork is tender. Add wine and simmer 5 or 10 minutes just before serving. Yield: 4 servings.

*Note:* If prepared day in advance and reheated, pork will have more flavor. To reheat, bring to a simmer, cover and simmer for 15 minutes, stirring occasionally. Do not add the wine until the day pork is being served.

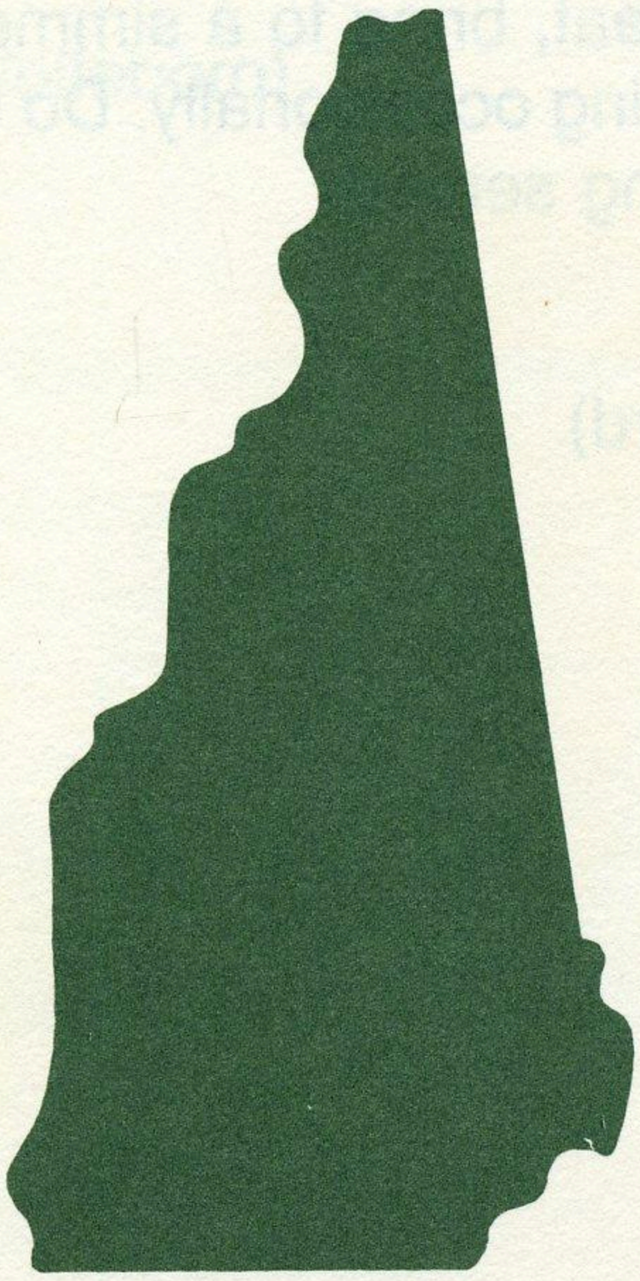
Colleen Hartigan
Belknap Unit (Gilford)

# GINNY'S SAUSAGE CASSEROLE

1 (16-ounce) package mild sausage links
½ (12-ounce) package noodles
1 green pepper, chopped
1 (28-ounce) can tomatoes
1 teaspoon Worcestershire sauce
6 bay leaves
Salt and pepper to taste
¼ cup Parmesan cheese, grated, or more to taste

Cook sausage links until brown. Drain sausage on paper, but reserve cooking fat in skillet. Prepare noodles according to package directions. Cook green pepper in sausage grease over low heat until tender. Pour off grease. Add tomatoes, Worcestershire, bay leaves, salt and pepper to skillet. Simmer 5 minutes. Place in a casserole. Top with sausage. Sprinkle Parmesan generously on top. Bake at 350 for 30 minutes. Yield: 6 servings.

Mrs. Ginny Lyon
Carroll South Unit (Wolfeboro)

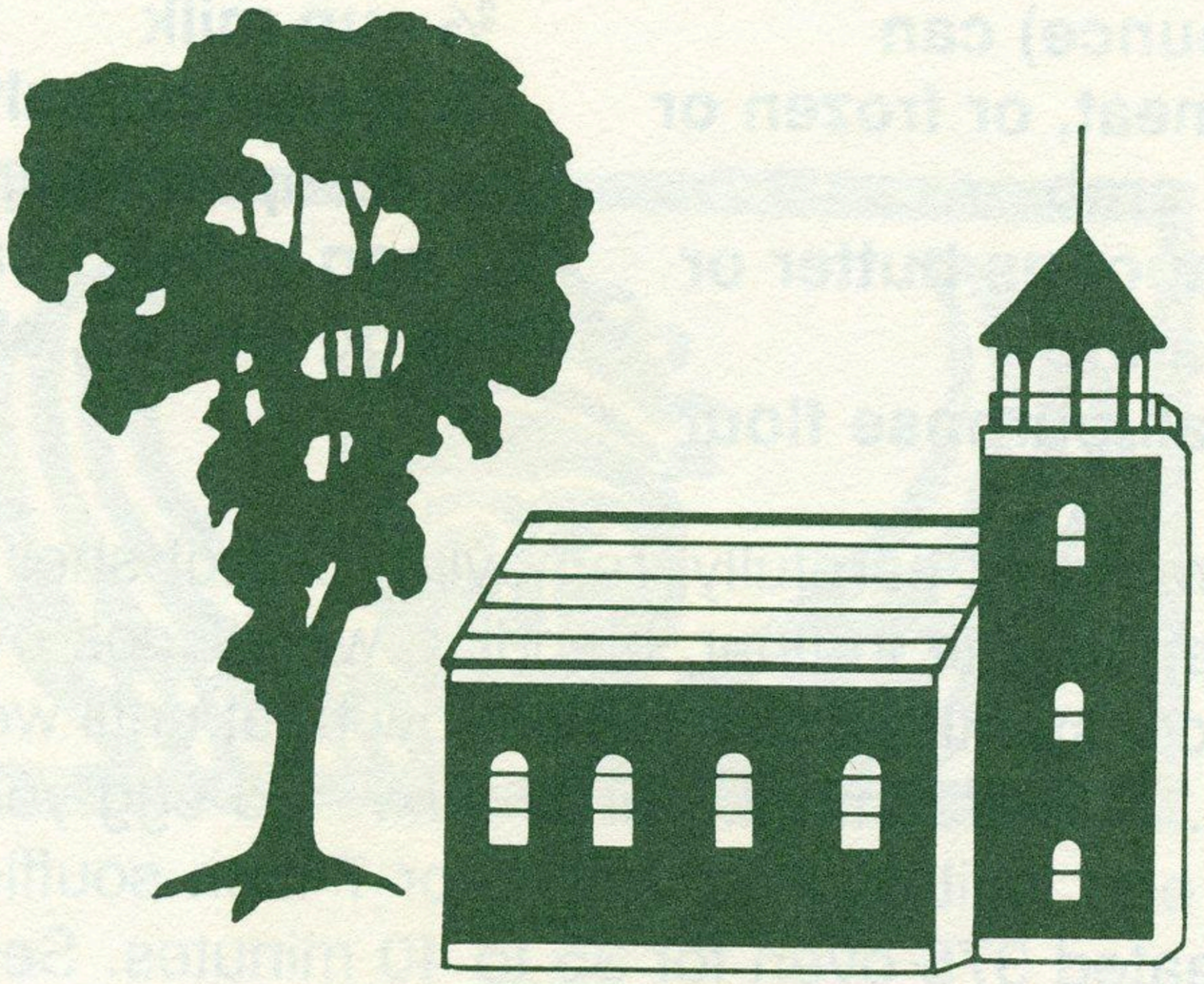


# BAKED HADDOCK CASSEROLE

2 pounds haddock fillets
Salt and pepper to taste
2 tablespoons lemon juice or cooking sherry
½ cup butter or margarine, melted, divided
3 to 4 slices American cheese
1 stack Ritz crackers, finely crushed

Cut fish into serving pieces. Season with salt and pepper. Mix lemon juice with ¼ cup melted butter. Dip fish into lemon butter. Place in greased 9 x 9 x 2-inch baking dish. Pour any remaining lemon butter over fish. Tear cheese slices into small pieces and place over fish. Mix cracker crumbs with remaining ¼ cup melted butter. Top casserole with buttered crumbs. Bake, uncovered, at 350 for 25 to 30 minutes. Yield: 4 to 6 servings.

Mary M. Reilly
Hillsborough North Unit (Manchester)



## BAKED STUFFED HADDOCK

**1½ pounds haddock**
**½ cup butter or margarine, melted**
**1 cup Pepperidge Farm herb-seasoned stuffing**
**¼ cup Parmesan cheese, grated**
**¼ to ½ teaspoon salt**
**¼ to ½ teaspoon pepper**
**2 tablespoons lemon juice**

Place haddock in baking dish. Brush with a little of the melted butter. Bake at 325 for 25 to 30 minutes while preparing topping. Blend remaining butter with stuffing, Parmesan, salt, pepper and lemon juice. Mix well. Spoon evenly over baked haddock. Continue baking at 325 for 25 minutes. Yield: 4 servings.
*Note:* Liquid may be drained from the haddock before adding the stuffing.

Mrs. Bruce A. Reynolds (Carole)
Strafford Unit (Rochester)

## CRABMEAT SOUFFLÉ

**1 (6¼-ounce) can crabmeat, or frozen or fresh crab**
**2 tablespoons butter or margarine**
**¼ cup all-purpose flour**
**⅔ cup milk**
**⅛ teaspoon salt**
**⅛ teaspoon pepper**
**3 egg yolks, beaten**
**4 egg whites, stiffly beaten**

Flake crabmeat carefully, removing bits of shell. Heat butter in saucepan. Stir in flour, blending well. Cook over low heat, stirring constantly, cooking over low heat until well thickened. Season. Add crabmeat. Stir to mix. Add egg yolks. Mix well. Fold in egg whites. Pour into 6 or 7-inch soufflé dish. Bake in preheated 375 oven for 35 to 40 minutes. Serve at once.

Louis S. Kent
Portsmouth Unit (Newington)

# SHRIMP-STUFFED EGGPLANT

**1 (1½-pound) eggplant**
**¼ pound mushrooms, sliced**
**½ cup onion, chopped**
**¼ cup butter or margarine, melted**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**1 pound shrimp, cooked, shelled and cleaned**
**2 tablespoons packaged breadcrumbs**
**1 tablespoon Parmesan cheese, grated**
**Sliced tomatoes (optional)**

Cut eggplant in half lengthwise. Scoop out pulp, leaving ½-inch shell. Parboil shells 5 minutes. Drain. Chop eggplant pulp. Sauté chopped eggplant, mushrooms and onion in butter 10 minutes, stirring occasionally. Add salt, pepper and shrimp. Pile into eggplant shells. Sprinkle with breadcrumbs and cheese. Bake at 375 for 25 minutes. Serve with sliced tomatoes, if desired. Yield: 4 servings.

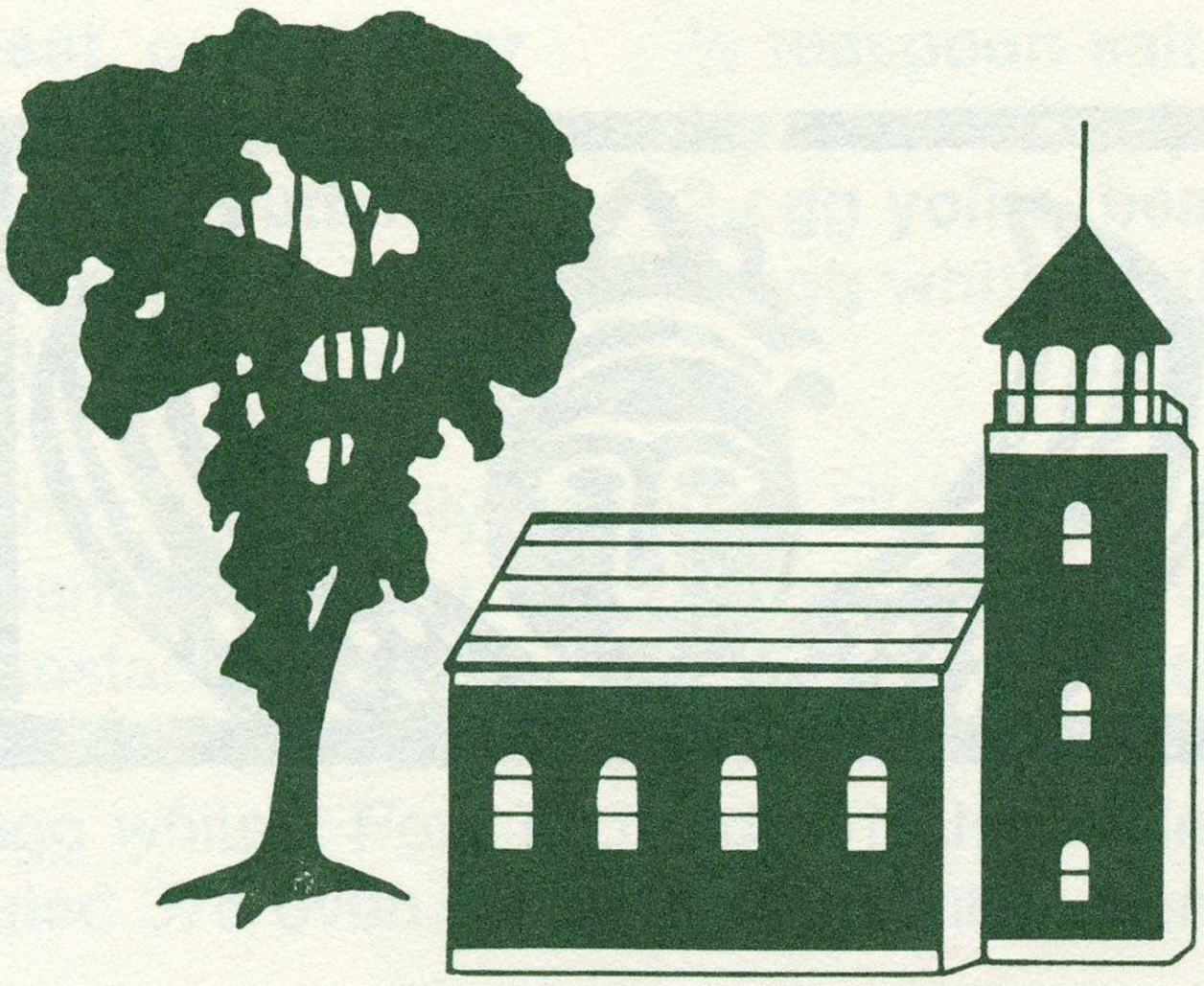
Nancy L. Trudeau
Strafford Unit (Rochester)

# CHICKEN NOEL

**2 (10-ounce) packages frozen broccoli spears**
**Juice of ½ lemon**
**4 large whole chicken breasts, split, boned and skinned**
**1 (10¾-ounce) can cream of mushroom soup**
**1 small can mushroom caps**
**1 cup sour cream**
**1 cup sherry or white wine**
**Paprika**

Cook broccoli according to package directions. Place in buttered shallow casserole. Squeeze lemon juice over broccoli. Place chicken on broccoli. Combine soup with mushroom caps, sour cream and sherry. Pour over chicken. Sprinkle paprika generously over top. Bake at 350 for 1 hour.
*Note:* This is delicious served with wild rice and a tossed salad.

Mrs. Duncan Dewar (Dianne)
Greater Portsmouth Unit (Hampton)



# CHICKEN A LA KING

3 large chicken breasts (halves)
1 small onion
2 to 3 stalks celery
2 cups half-and-half, at room temperature
2 tablespoons butter or margarine, softened
3 tablespoons all-purpose flour
1 (2-ounce) can mushrooms, drained
1 (2-ounce) can pimentoes, drained
3 tablespoons sherry
Toast points or patty shells
Chopped nuts (optional)

Boil chicken breasts with onion and celery in small amount of water until done. Strain and reserve broth. Combine 1 cup broth with half-and-half in top of double boiler. Cook over low heat. Make a paste of butter and flour. Add to chicken broth and cream. Mix thoroughly. Add mushrooms and pimentoes. Bone chicken breasts and cut meat into bite-sized pieces. Add chicken to thickened sauce with sherry. Serve on toast points or in patty shells. Sprinkle nuts over all, if desired. Yield: 6 servings.

*Note:* A little yellow food coloring may be added to sauce to give it some color.

Dawn Donovan
Greater Portsmouth Unit (Portsmouth)

# GOLDEN CHICKEN NUGGETS

**1 egg, slightly beaten**
**½ cup water**
**¾ teaspoon salt**
**½ cup all-purpose flour**
**3 whole chicken breasts, skinned and boned**
**1 quart Mazola oil**

Mix eggs with water, salt and flour. Cut chicken into 1-inch pieces. Dip chicken into batter. Heat oil in heavy 3-quart saucepan. It is important that oil fills only ⅓ of pan. Heat oil over medium heat. Add chicken, no more than 1 layer at a time. Fry 3 to 5 minutes. Drain. Serve with 1 of the following sauces.

***Pineapple Sauce:***

**½ cup pineapple preserves**
**2 tablespoons prepared mustard**
**2 tablespoons horseradish, grated**

Mix thoroughly. Cook 3 minutes, stirring frequently.

***Royalty Sauce:***

**1 cup catsup**
**½ teaspoon dry mustard**
**1 tablespoon brown sugar, firmly packed**
**2 tablespoons vinegar**
**¼ cup vegetable oil**

Mix together. Heat 5 minutes over low heat, stirring frequently.

***Dill Sauce:***

**½ cup sour cream**
**½ cup mayonnaise**
**1 teaspoon dried dill weed**
**2 tablespoons dill pickle, finely chopped**

Mix thoroughly. Chill before serving.

Anita Parsons
Hillsborough North Unit (Bedford)

# CHICKEN CRESCENT SQUARES

**1 (3-ounce) package cream cheese, softened**
**3 tablespoons butter or margarine, melted, divided**
**2 cups cooked chicken, cut into cubes**
**¼ teaspoon salt**
**⅛ teaspoon pepper**
**2 tablespoons milk**
**1 tablespoon onion, finely chopped**
**1 tablespoon pimento, finely chopped**
**1 (8-ounce) can crescent rolls**
**¾ cup seasoned bread crumbs**

Blend together cream cheese and 2 tablespoons melted butter. Add chicken, salt, pepper, milk, onion and pimento. Mix thoroughly. Separate crescent rolls into 4 rectangles, sealing perforations. Place about 2-cup chicken mixture on each rectangle. Pull 4 corners of dough to center and seal. Brush tops with remaining 1 tablespoon butter. Dip into bread crumbs. Bake on ungreased cookie sheet at 350 for 20 to 25 minutes. Yield: 4 servings.

Carol L. Dembeck
Hillsborough North Unit (Manchester)

# CHICKEN BREASTS PIQUANT

6 to 8 whole chicken breasts, boned and skinned
1½ cups rosé wine
½ cup soy sauce
½ cup vegetable oil
4 tablespoons water
2 cloves garlic, minced
2 teaspoons ground ginger
½ teaspoon oregano
2 tablespoons brown sugar, firmly packed

Split chicken breasts and arrange in baking dish. Make sauce by combining the remaining ingredients. Pour sauce over chicken. Refrigerate, covered, overnight or for at least 6 hours. Bake, covered, for 1 hour, or until tender. Pour sauce into saucepan and thicken with 1 teaspoon cornstarch for each cup of sauce. Pour some thickened sauce over chicken; serve the rest over rice pilaf.

Mrs. Ray P. Jones (Marlene)
Greater Portsmouth Unit (Portsmouth)

# HOT CHICKEN SALAD

**2 cups cooked chicken**
**2 cups celery, chopped**
**½ cup almonds, chopped or slivered**
**1 (2-ounce) jar pimentos**
**½ teaspoon salt**
**Dash of pepper**
**2 tablespoons lemon juice**
**½ cup mayonnaise**
**1 cup sour cream**
**38 saltines, crushed**
**4 ounces Swiss cheese, shredded**

Combine chicken with celery, almonds, pimentos, salt and pepper. Mix well. Blend together lemon juice, mayonnaise and sour cream. Fold into chicken mixture. Spread into shallow, greased casserole. Mix cracker crumbs and cheese. Sprinkle on top of casserole. Bake at 350 for 25 minutes. Yield: 4 servings.

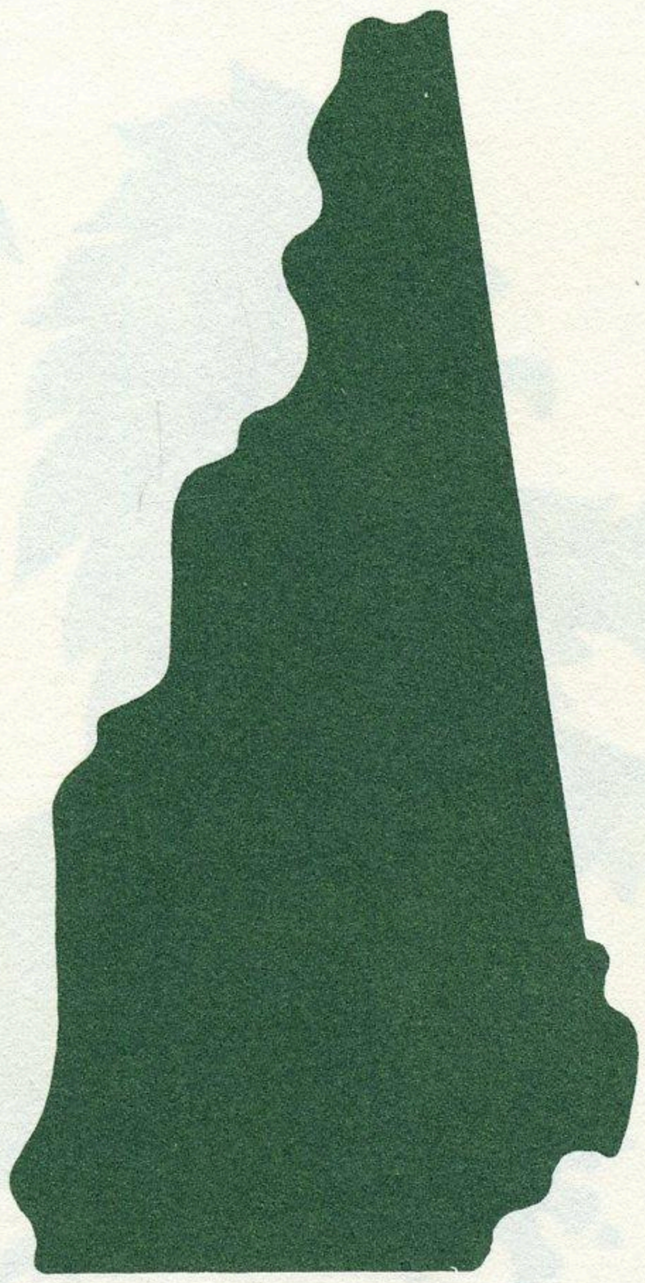
Marge Johnson
Grafton East Unit (Alexandria)

# CHICKEN L'ORANGE

**1 (3 to 4 pound) chicken, cut into frying pieces**
**¼ cup flour**
**½ teaspoon salt**
**¼ cup vegetable oil**
**1 cup orange juice**
**½ cup chili sauce**
**¼ cup green pepper, chopped**
**1 teaspoon prepared mustard**
**½ teaspoon garlic salt**
**2 tablespoons soy sauce**
**1 tablespoon molasses**

Dredge chicken with flour and salt. Brown chicken in vegetable oil in heavy skillet. Place chicken pieces in casserole. Pour off fat. Combine remaining ingredients in skillet and simmer, stirring occasionally, 3 to 4 minutes. Pour sauce over chicken. Bake at 350 for 1 hour.

Joni Stover
Belknap Unit (Laconia)



## CHICKEN BREASTS

**San Francisco stove top stuffing**
**Chicken breasts, boned and skinned**
**Butter or margarine**
**Oregano**
**Pepper**
**Lemon juice**

Mix stuffing according to package directions. Place 1 serving of stuffing on a piece of aluminum foil, put chicken breast on top. Season with a small piece of butter, oregano and pepper. Tightly wrap foil around chicken. Bake at 350 for 25 minutes. Cool, then freeze. To serve, thaw and bake at 350 for 35 minutes. Unwrap and broil until brown. Squeeze lemon juice on top and serve.

Sylvia H. Warren
Strafford Unit (Rochester)

# VEAL PARMESAN CASSEROLE

**4 to 6 breaded veal patties**
**½ pound ground beef**
**1 onion, finely chopped**
**1 (4½-ounce) can mushrooms**
**3 to 4 hot Italian sausages**
**1½ pints spaghetti sauce**
**¼ teaspoon oregano**
**¼ teaspoon garlic salt**
**Salt and pepper to taste**
**Parmesan cheese, grated**
**Mozzarella cheese, shredded**

Sauté veal until brown on both sides. Cut into bite-sized pieces. Cook beef, onion and mushrooms in a large heavy skillet, stirring frequently, until meat browns. Remove from pan. Skin sausage and shape into small balls. Sauté sausage. Put spaghetti sauce in a large saucepan. Add oregano, garlic salt, salt and pepper. Stir to mix well. Add ground beef, mushrooms and onions. Stir. Simmer for 30 minutes. Add sausage and veal. Stir in ¼ to ½ cup Parmesan cheese. Pour into large casserole dish. Top with Parmesan or Mozzarella. Cook at 325 to heat thoroughly, for at least 15 minutes.

Cindy Jerry
Grafton North Unit (East Corinth, Vermont)

# BUDGET NOODLE CASSEROLE

**1 (8-ounce) package medium noodles**
**1 cup cottage cheese**
**½ cup sour cream**
**½ teaspoon salt**
**1 pound ground chuck**
**⅓ cup green onion, sliced**
**⅓ cup green peppers, sliced (optional)**
**1 (15-ounce) can tomato sauce**
**1 (15-ounce) can spaghetti sauce mix**
**2 tablespoons butter or margarine**
**4 ounces Mozzarella cheese, shredded**

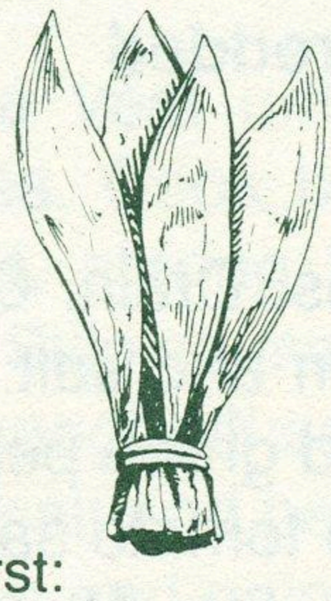
Cook noodles according to package directions. Drain. Combine noodles with cottage cheese, sour cream and salt. Mix well. Saute ground chuck with green onion and green pepper until meat is browned. Drain excess fat. Stir in tomato sauce, spaghetti sauce mix and butter. Simmer 2 minutes. Alternate layers of meat and noodles in buttered casserole. Top with Mozzarella, if desired. Bake at 350 for 25 minutes.

Marion Elliott
Grafton North Unit (South Ryegate, Vermont)

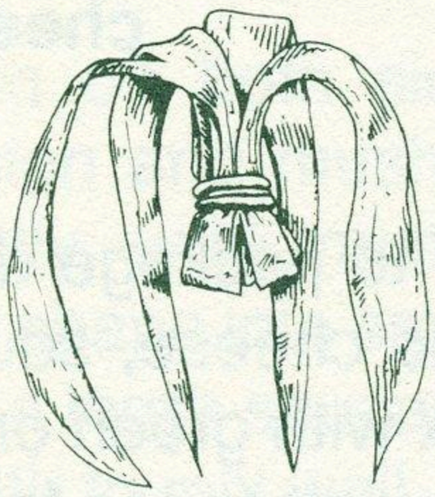
# Cornhusk Dolls

**What you need:** Dry husks of 2 or 3 ears of corn. Soak, drain and keep damp in wet towels.

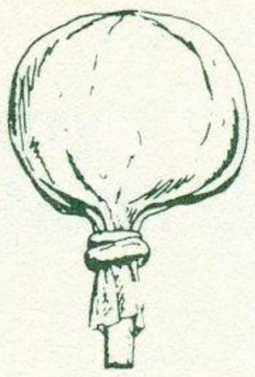
Scissors
Needle and thread
¾"-1" diameter bead
Match stick
Thin wire
Wire cutter



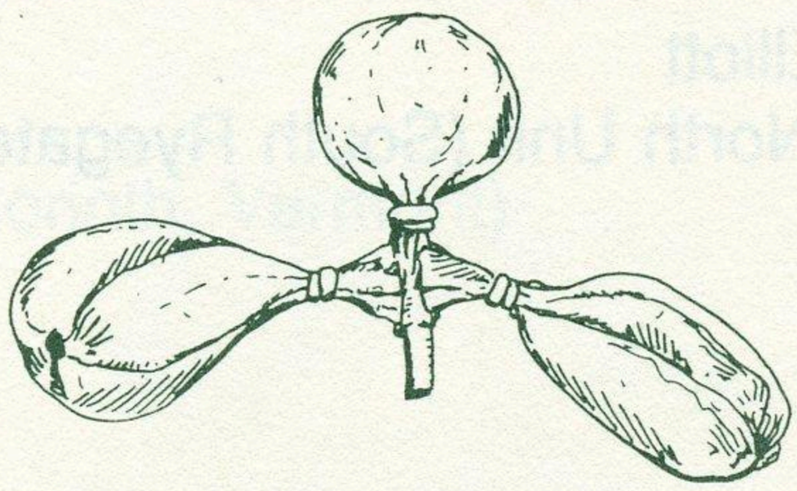
First:
Cut 4 strips of corn husk ½" wide. Gather ends with wire.



Then:
Fold back over the gathered part. Gather the loose ends. Tie. Trim. Make 3 of these puffs. 2 for arms, 1 for the torso.

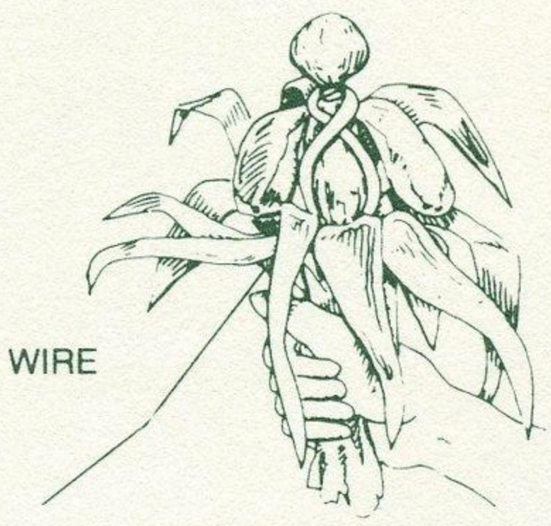


Insert match stick in hole in bead. Cover bead with glue. Then cover with a cornhusk. Gather with a wire at the neck.

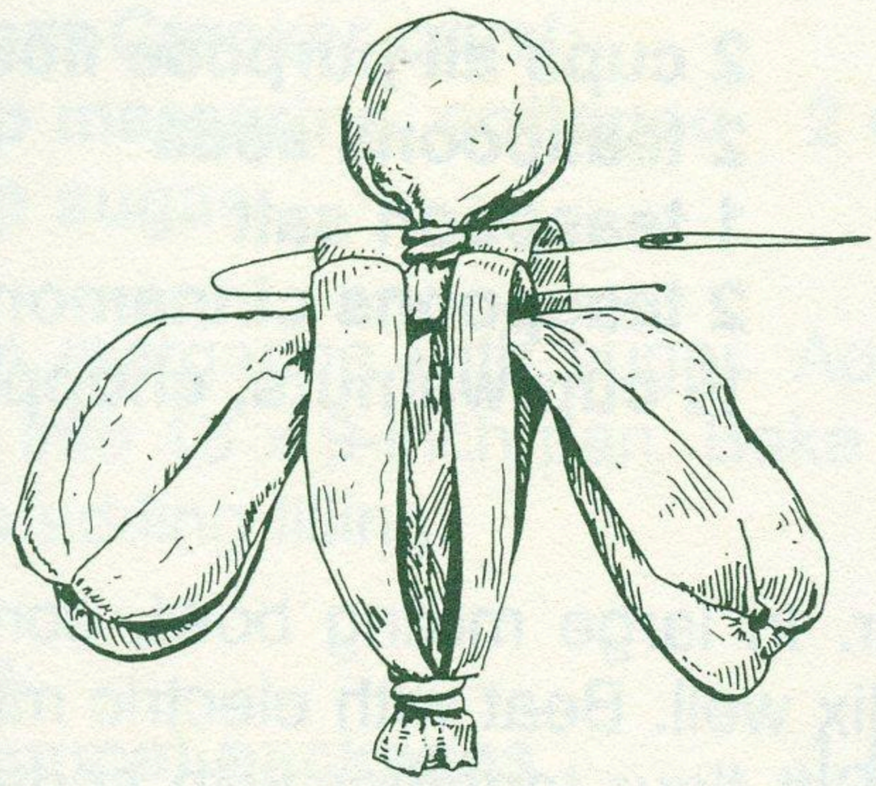


With a figure 8 motion wire together the head and arms.

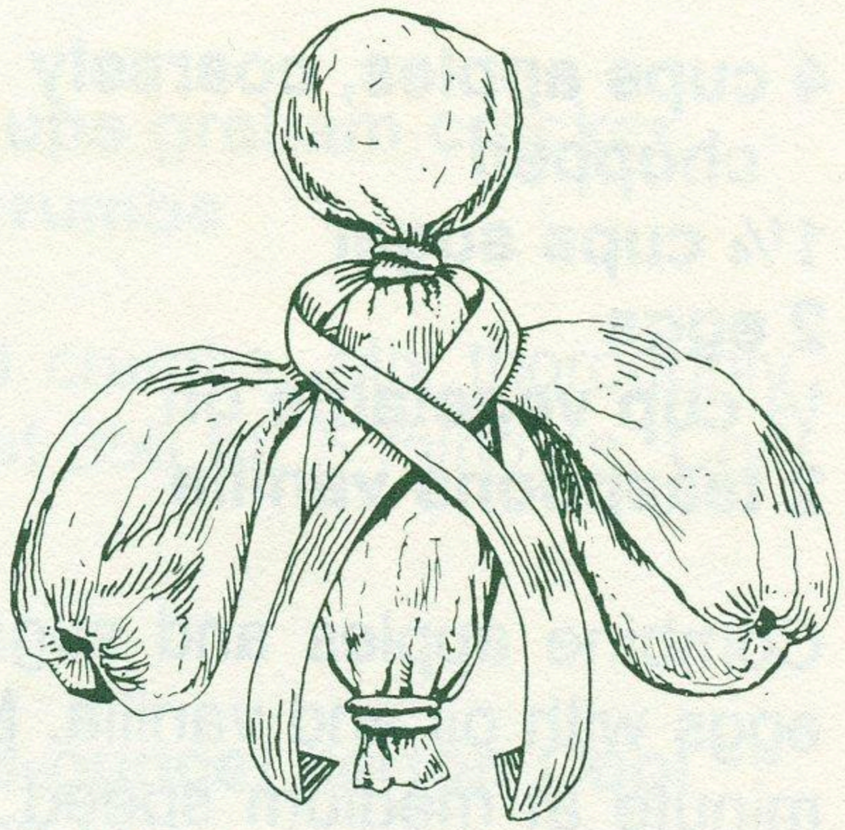
Take a large wad of husks for skirt. Insert torso in center onward.



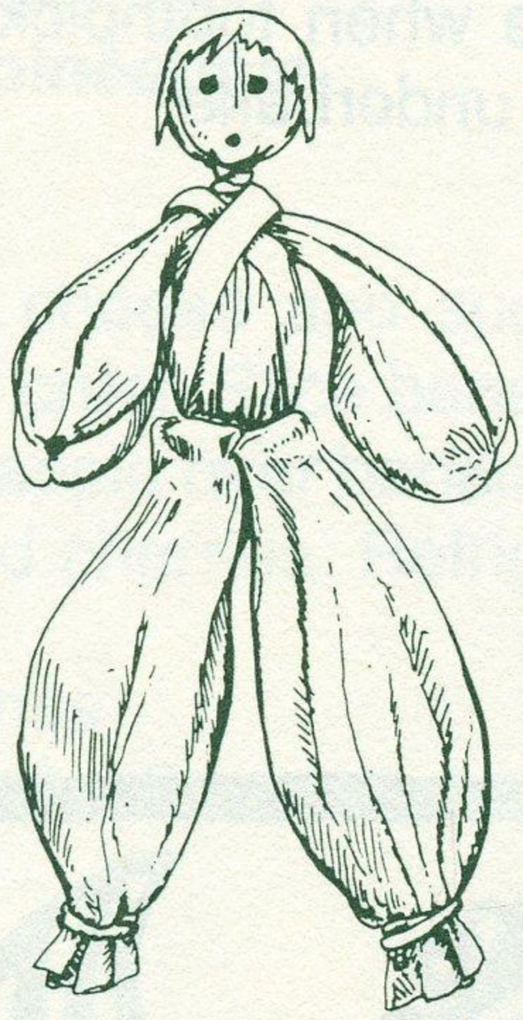

Wind wire around wad and torso. Fold husks back over wire.



Thread your needle through the loops of the 3rd puff. Draw tight at the neck.



Wind a husk strip around neck and cross over the torso. This makes a bodice.



Trim hem of skirt. Tie a thread around hem till dry, or separate into two parts for pant legs. Wrap thread at ankles, glue on corn silk for hair. Draw eyes and mouth with marking pen.

# Desserts

Very good!

# APPLE WALNUT CAKE

**4 cups apples, coarsely chopped**
**1¼ cups sugar**
**2 eggs**
**½ cup vegetable oil**
**2 teaspoons vanilla**
**2 cups all-purpose flour**
**2 teaspoons soda**
**1 teaspoon salt**
**2 teaspoons cinnamon**
**½ cup walnuts, chopped**

Combine apples and sugar. In large mixing bowl, combine eggs with oil and vanilla. Mix well. Beat with electric mixer 1 minute at medium speed. Sift flour together with soda, salt and cinnamon. Add sifted dry ingredients to egg mixture alternately with sugared apples. Stir in walnuts. Pour batter into greased and floured 13 x 9-inch baking pan. Bake at 350 for 40 to 45 minutes. Cake is done when toothpick inserted in center comes out clean. Do not underbake.

Doris Shea
Monadnock Unit (Jaffrey)

# BANANA SPLIT CAKE

***Graham Cracker crust:***

**½ cup margarine, softened**
**½ cup sugar**
**2 cups graham cracker crumbs**

Cream margarine with sugar. Add crumbs. Mix thoroughly. Press into 13 x 9-inch pan. Bake at 350 for 5 minutes. Cool before adding filling.

***Filling:***

**2 (8-ounce) packages cream cheese, softened**
**2 cups sugar**
**4 bananas, sliced**
**1 (15½-ounce) can crushed pineapple, drained**
**1 (8-ounce) carton Cool Whip**
**½ cup nuts, finely chopped (optional)**
**½ cup maraschino cherries, chopped (optional)**

Beat cream cheese and sugar together until well blended. Spread over crust. Slice bananas evenly over cream cheese. Spread pineapple over bananas. Top with Cool Whip. Garnish with nuts and cherries. Refrigerate. Yield: 12 servings.

Diane R. Jones
Kearsarge-Lake Sunapee Unit

# CARROT CAKE

**3 eggs**
**1½ cups vegetable oil**
**2 cups carrots, grated**
**2 cups sugar**
**1 (6½-ounce) can crushed pineapple, undrained**
**2 teaspoons vanilla**
**½ cup coconut, flaked**
**3 cups all-purpose flour**
**2 teaspoons soda**
**1 teaspoon cinnamon**
**½ teaspoon salt**
**1½ cups pecans, chopped**

Beat eggs slightly in large bowl. Stir in oil, carrots, sugar, pineapple, vanilla and coconut. Sift flour with soda, cinnamon and salt. Add sifted ingredients to carrot mixture. Stir well to blend. Fold in pecans. Pour batter into greased 10-inch tube pan (or 2 loaf pans). Bake at 350 for 1 hour.

Judy Sawyer
Greater Portsmouth Unit (New Castle)

# TROPICAL CARROT CAKE WITH TROPICAL BUTTER FROSTING

***Cake:***

**2 cups all-purpose flour**
**2 teaspoons baking powder**
**1 teaspoon soda**
**½ teaspoon salt**
**1 teaspoon cinnamon**
**½ teaspoon nutmeg**
**½ teaspoon allspice**
**2 cups raw carrots, grated**
**1 (8½-ounce) can crushed pineapple, lightly drained**
**4 eggs**
**2 cups sugar**
**1¼ cups vegetable oil**
**1 cup walnuts, chopped**
**½ cup flaked coconut**

Sift flour together with baking powder, soda, salt, cinnamon, nutmeg and allspice. Beat eggs slightly. Add sugar, blending well. Stir in oil, dry ingredients, carrots and pineapple (¾ cup). Mix thoroughly. Fold in walnuts and coconut. Bake at 350 for 40 to 45 minutes.

***Frosting:***

**¼ cup butter or margarine**
**1 pound powdered sugar, sifted**
**¼ cup crushed pineapple, lightly drained**
**2 tablespoons sour cream**
**1 teaspoon vanilla**
**¼ teaspoon salt**
**2 teaspoons orange peel, grated**
**¼ cup flaked coconut**

Mix ingredients together. Blend thoroughly. Spread over cake.

Helen P. Clossen
Hillsborough North Unit (Manchester)

## CHOCOLATE CHIP COFFEE CAKE

¼ pound margarine, softened
¾ cup white sugar
¾ cup brown sugar, firmly packed
2 cups all-purpose flour
2 eggs
½ pint sour cream
1 teaspoon soda
¼ teaspoon salt
¾ cup chocolate chips

Cream margarine with white and brown sugar. Add flour. Mix thoroughly. Combine eggs with sour cream, soda and salt. Blend with flour mixture. Fold in chocolate chips. Spoon into greased and floured 8-inch square pan. Bake at 350 for 50 minutes. Yield: 12 servings.

Marla Okrant
Grafton East Unit (Plymouth)

## RUTH'S FRUIT CAKE

1 cup margarine
2 cups plus 1 tablespoon sugar, divided
4 eggs
1 teaspoon vanilla
3 cups all-purpose flour
1 (21-ounce) can pie filling (pineapple, blueberry or cherry)
Whipped cream (optional)

Cream margarine with sugar until light. Add eggs 1 at a time, beating well after each addition. Add vanilla. Gradually add flour. Mix well. Spread ½ the batter into a greased and floured 13 x 9-inch pan. Pour pie filling on batter and spread. Spread remaining batter over filling, using 2 forks to smooth. Sprinkle remaining 1 tablespoon sugar over top. Bake at 350 for 55 to 60 minutes. Cool in pan. To serve, cut into squares. Serve plain or with whipped cream.

Joyce E. Cowern
Grafton East Unit (East Hebron)

# BIG BOWL COCOA CAKE

1 cup cocoa
1 cup shortening
1 teaspoon cinnamon
1 teaspoon soda
1 cup boiling water
1 cup milk
2 teaspoons vanilla
1 teaspoon salt
2 eggs
1 teaspoon baking powder
2¼ cups sugar
3 cups all-purpose flour

Combine cocoa, shortening, cinnamon and soda in a large mixing bowl. Pour boiling water over bowl. Mix until smooth. Add remaining ingredients, beating constantly. Blend thoroughly. Pour into Pyrex 3-quart shallow baking dish. Bake at 325 for 55 minutes.

*Note:* May be cooked in round cake pans for 20 minutes, in 1 large deep pan for 40 minutes, or as cupcakes for 15 minutes. Watch carefully for last 5 minutes cooking time as chocolate scorches easily. Results—large, dark chocolate, moist, delicious cake.

Eileen Foley
Greater Portsmouth Unit (Portsmouth)

Excellent

# RED VELVET CAKE

**1½ cups sugar**
**½ cup shortening**
**2 eggs**
**1 tablespoon cocoa**
**2 ounces red food coloring**
**2¼ cups sifted *cake* flour (or 2½ teaspoons baking powder and 2¼ cups all-purpose flour)**
**1 teaspoon soda**
**1 cup buttermilk**
**1 teaspoon vanilla**
**1 tablespoon vinegar**

Cream sugar and shortening until light. Add eggs, 1 at a time, beating well after each. Add cocoa and food coloring. Mix well. Mix cake flour with soda. Add flour to batter alternately with buttermilk. Mix well. Stir in vanilla and vinegar until well blended. Bake at 350 for 50 minutes. Check after 35 minutes. Cool before icing.

***Icing for Red Velvet Cake:***

**3 tablespoons all-purpose flour**
**1 cup milk**
**½ pound butter or margarine, softened**
**1 cup sugar**
**1 teaspoon vanilla**

Put flour and milk in jar. Shake to mix. Pour into saucepan and cook over low heat, stirring constantly, until thickened. Cool until *cold.* Cream butter with sugar until light. Add vanilla. Add to cooked mixture. Beat with an electric mixer until icing holds a peak. Spread on cake and swirl.

Anita Parsons
Hillsborough North Unit (Bedford)

# SPICED MOLASSES CAKE

**½ cup butter or margarine, softened**
**½ cup sugar**
**1 egg, beaten**
**1 cup molasses**
**2½ cups sifted all-purpose flour**
**1½ teaspoons soda**
**1 teaspoon cinnamon**
**1 teaspoon ground cloves**
**1 teaspoon ground ginger**
**½ teaspoon salt**
**1 cup hot water**
**1½ cups raisins**

Cream butter and sugar together until light. Add egg and molasses. Mix well. Sift flour together with soda, cinnamon, cloves, ginger and salt. Add to batter. Add hot water. Beat until smooth. Dust raisins with a little flour. Fold into batter. Pour into well-greased 9-inch square pan. Bake at 350 for 1 hour and 15 minutes. Cool in pan on wire rack 10 minutes. Remove from pan. Cool thoroughly.
*Note:* Serve warm with applesauce. Also good served warm or cold with whipped cream.

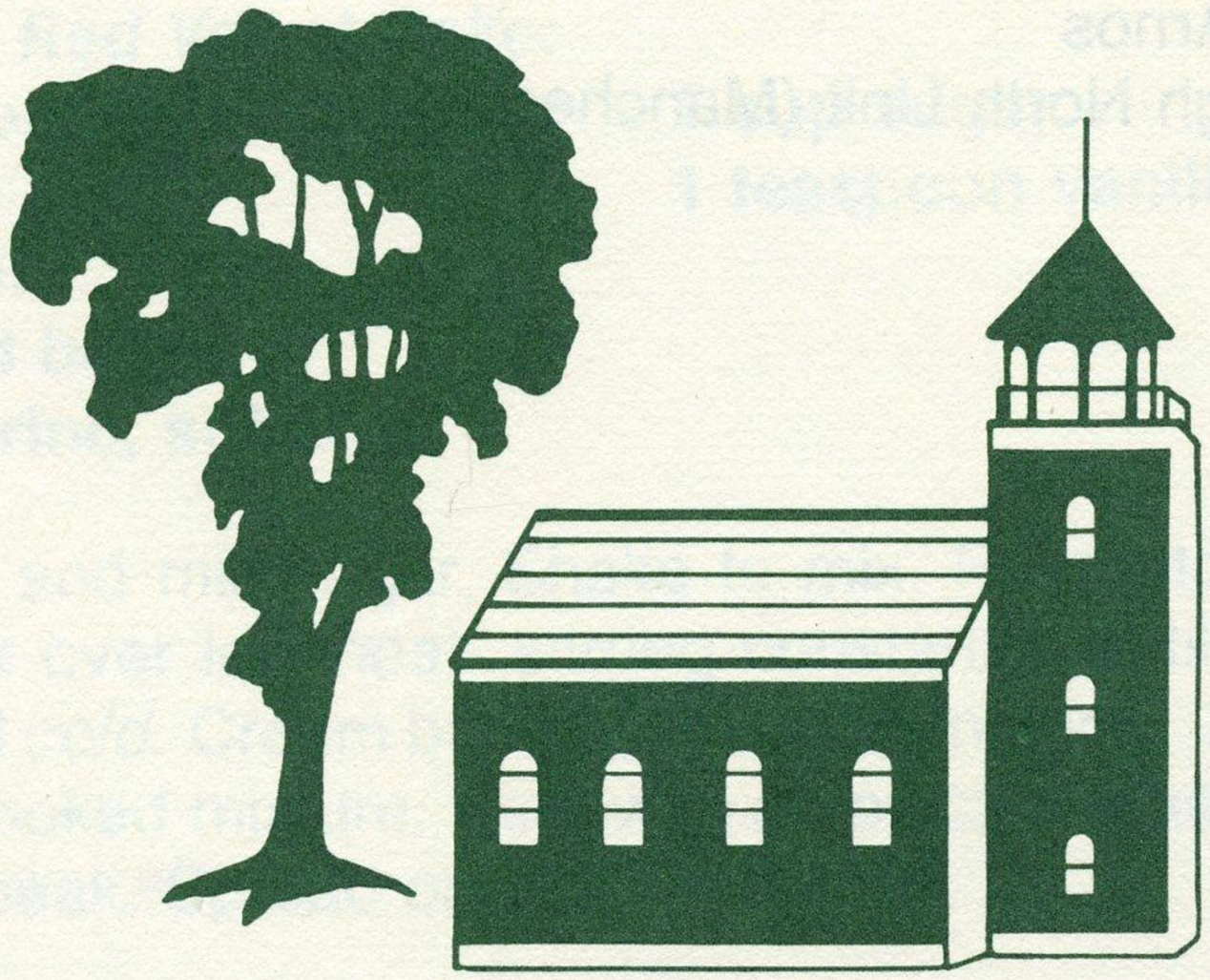
Lisa Rae Arnos
Hillsborough North Unit (Manchester)

# WACKY CAKE

**2¼ cups all-purpose flour**
**1½ cups sugar**
**5 tablespoons cocoa**
**¾ teaspoon salt**
**2 teaspoons soda**
**1 teaspoon vanilla**
**1½ tablespoons vinegar**
**1½ cups cold water**
**½ cup vegetable oil**

Mix ingredients in order given. Pour into large greased cake pan. Batter will be thin. Bake at 350 for 30 minutes. Yield: 20 to 24 servings.

Jeanette Lee
Grafton East Unit (Ashland)



# WACKY CAKE WITH WHIPPED CREAM FROSTING

***Cake:***

**3 cups all-purpose flour**
**⅔ cup vegetable oil**
**2 cups sugar**
**2 teaspoons soda**
**1 egg**
**1 teaspoon salt**
**2 tablespoons vinegar**
**2 teaspoons vanilla**
**2 ounces unsweetened chocolate, melted**
**2 cups water**

Combine all ingredients in large mixing bowl. Beat with electric mixer until smooth. Pour into ungreased 13 x 9-inch baking pan. Bake at 350 for 35 to 40 minutes.

***Frosting:***

**2 tablespoons all-purpose flour**
**1 cup milk**
**1 cup shortening**
**1 cup sugar**
**1 teaspoon vanilla**

Combine flour with milk in saucepan. Cook over low heat, stirring occasionally, until thickened. Mix with remaining ingredients. Beat well. Spread on cooled cake.

Grace Herbert
Belknap Unit (Gilford)

# HOLIDAY POUND CAKE

2 cups butter
2 cups sugar
2 teaspoons vanilla
8 to 10 eggs (2 cups)
4 cups sifted all-purpose flour
1½ teaspoons salt
½ pound walnuts
8 ounces glazed cherries
1½ cups currants

Have butter and eggs at room temperature. Cream butter thoroughly. Gradually add sugar, beating constantly. Add vanilla. Mix well. Beat the eggs in a separate bowl until light and fluffy. Add ½ eggs to butter and sugar, a little at a time, beating well after each addition. Sift flour and salt together. Add gradually to batter, alternating with remaining beaten eggs. Beat until smooth after each addition. Beat until batter is satiny smooth. Mix together walnuts, cherries and currants. Spoon ⅓ of the batter into a greased and floured 10-inch tube pan (or 2 9 x 5-inch loaf pans), spread ½ the fruit and nuts over batter. Then cover with ⅓ batter, remaining fruit and nuts and final ⅓ batter. Bake at 325 for 2 hours (1¼ hours for loaf pans). The cake should be nicely brown and will spring back in the center when touched. Cool 10 minutes in pan. Remove from pan and cool thoroughly on wire rack. Wrap in foil or waxed paper to store. Yield: 40 servings.

*Note:* The trick with pound cake is the very careful combination of ingredients. The heavy, rich batter takes considerable beating for the satiny smoothness that is essential.

Mrs. Elizabeth von Dohrmann
Connecticut River Unit (Pittsburg)

# BUTTERMILK PRUNE CAKE

***Cake:***

**2 cups all-purpose flour**
**2 cups sugar**
**1 teaspoon soda**
**¼ teaspoon salt**
**1 teaspoon allspice**
**1 teaspoon cinnamon**
**1 teaspoon nutmeg**
**1 cup buttermilk**
**3 eggs, separated**
**1 cup vegetable oil**
**1 cup nuts, chopped**
**1 cup prunes, cooked and chopped**

Sift flour with sugar, soda, salt, allspice, cinnamon and nutmeg. Add buttermilk gradually, beating well. Add egg yolks. Mix well. Add oil. Mix until well blended. Add chopped nuts and prunes. Beat egg whites until stiff. Fold in gently. Pour into well-greased tube pan. Bake at 350 for 60 to 70 minutes. Cool slightly in pan. While cake is still warm, remove from pan and pour icing over top.

***Icing:***

**1 cup sugar**
**½ cup buttermilk**
**¼ teaspoon soda**
**⅓ cup butter or margarine**
**1 teaspoon vanilla**

Combine all ingredients and cook to soft ball stage. Pour over cake while cake and icing are both still warm.

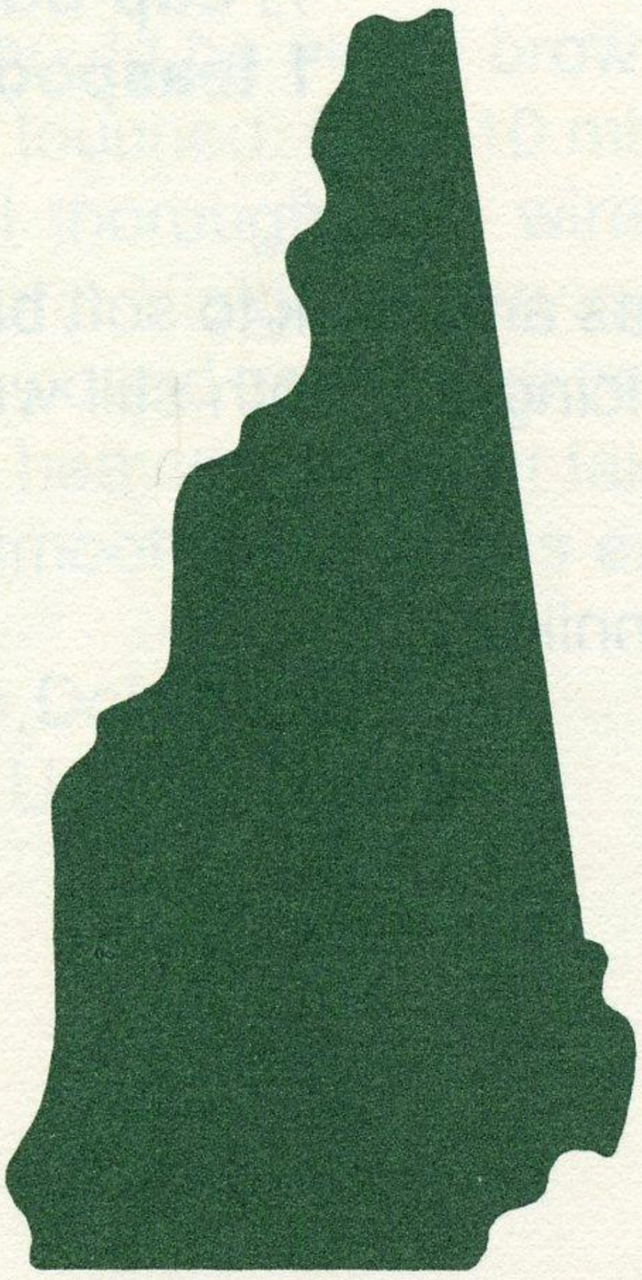
Mary F. Kjellman
Henniker Branch (Henniker)

# RHUBARB CAKE

½ cup margarine, softened
1½ cups brown sugar, firmly packed
1 egg, beaten
1 cup milk
1 teaspoon vanilla
2 cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
2½ cups rhubarb, chopped
½ cup white sugar
1 teaspoon cinnamon

Cream margarine with brown sugar until light. Add egg. Mix well. Add milk and vanilla. Blend thoroughly. Sift flour with baking powder and salt. Gradually add to batter, blending well. Mix thoroughly. Fold in rhubarb. Pour into greased 13 x 9-inch pan. Sprinkle top with white sugar and cinnamon mixed together. Bake at 350 for 40 minutes.

Bertha Stevens
Grafton North Unit (Ryegate, Vermont)



## CREAMY ICING
## (Frosting and Decorating)

**1 pound powdered sugar, sifted**
**½ cup vegetable shortening**
**5 to 6 tablespoons milk or cream**
**1 teaspoon vanilla, or ½ teaspoon vanilla and ½ teaspoon almond extract**

Cream powdered sugar with shortening with an electric mixer. Add milk and flavoring. Continue beating with mixer until icing is evenly smooth. Yield: Enough to cover and lightly decorate 1 cake layer.

Mrs. Nancy L. Cenatiempo
Hillsborough North Unit (Manchester)

## BUTTER FROSTING

**⅓ cup butter or margarine, softened**
**3 cups powdered sugar, sifted**
**Dash of salt**
**¼ cup milk**
**1½ teaspoons vanilla**

Cream butter with sugar until light. Beat in other ingredients. Beat with electric mixer until fluffy. Add more sugar if desired. Yield: enough to fill and frost a 2-layer cake.

Ruth P. Robinson
Rockingham West Unit (Plaistow)

# CHOCOLATE FUDGE CAKE

**2½ cups sifted cake flour**
**1 cup sugar**
**1 teaspoon salt**
**1½ teaspoons soda**
**1 cup brown sugar, firmly packed**
**½ cup shortening**
**3 squares unsweetened chocolate, melted**
**1¼ cups milk, divided**
**1½ teaspoons vanilla**
**3 eggs**

Preheat oven to 350. Sift flour, sugar, salt and soda into a large bowl. Add brown sugar, shortening, chocolate, ¾ cup milk and vanilla. Beat 30 seconds on low speed with electric mixer, then 2 minutes on high speed. Add remaining milk and eggs, 1 at a time, beating well after each addition. Beat on high speed for 1½ more minutes. Pour into 9-inch cake pans which have been greased and lined with waxed paper. Bake 35 to 40 minutes. Cool before icing.
*Note:* Ice with butter frosting.

Ruth P. Robinson
Rockingham West Unit (Plaistow)

# CHEESECAKE

***Crust:***

**1½ cups graham cracker crumbs**
**¼ cup butter or margarine, melted**
**4 tablespoons sugar**

Combine ingredients. Mix well. Line a spring form pan about 2-inches up the sides of pan.

***Filling:***

**6 eggs, separated**
**1 cup sugar**
**1 (16-ounce) package cream cheese, softened**
**1 teaspoon vanilla**
**1 pint sour cream**
**1 tablespoon fresh lemon juice**
**3 tablespoons all-purpose flour**

Beat egg yolks with electric mixer on high speed for 5 minutes. Gradually add sugar. Add cream cheese and continue beating until thoroughly blended. Add vanilla, sour cream and lemon juice. Mix well. At low speed, add flour. In large mixing bowl, beat egg whites until stiff. Gently fold into creamy mixture. Pour into prepared crust. Bake at 300 for 1 hour. Leave in oven another hour. Remove from oven and cool an additional hour. Make at least the day before serving.
*Note:* Decorate before serving. Cherry pie filling and sliced pineapple alternated is good. Fresh fruits in season are great.

Anita Parsons
Hillsborough North Unit (Bedford)

# CHEESECAKE

***Cake:***

**2 pounds cream cheese, softened**
**1¼ cups sugar**
**4 eggs, separated**
**Butter or margarine**
**Graham crackers, finely crumbled**

Blend cream cheese with sugar until light. Add egg yolks. Beat egg whites until stiff. Fold into cream cheese mixture. Butter a springform pan and dust with graham cracker crumbs. Fold batter into pan. Bake at 350 for 40 minutes. Turn off oven. Leave cake in oven with door open for 30 minutes.

***Topping:***

**1 pint sour cream**
**6 tablespoons sugar**
**1 tablespoon vanilla**

Combine ingredients. Beat to mix thoroughly. Spread on top of cheese cake. Bake at 375 for 10 minutes. Cool before slicing.

*Note:* This is better if made a day before serving.

Merilyn Markham
Rockingham West Unit (Londonderry)

# PINEAPPLE CHEESECAKE

**2½ pounds creamed cottage cheese**
**1½ cups sugar**
**5 eggs, beaten**
**4 tablespoons butter or margarine, melted**
**1 tablespoon almond or vanilla extract**
**5 or 6 drops lemon juice**
**3 tablespoons all-purpose flour**
**⅔ cup milk**
**2 Zwieback crackers, finely crushed**
**1 (15¼-ounce) can crushed pineapple, drained**
**Cinnamon and sugar to taste**

Preheat oven to 450. Put cottage cheese through potato ricer into large bowl. Mix thoroughly with sugar. Add eggs. Beat well. Add melted butter. Mix. Add extract, lemon juice, flour and milk, stirring mixture well after each addition. Grease 13 x 9-inch cheesecake pan. Line greased pan with aluminum foil. Grease foil. Line pan with Zwieback crumbs. Drop pineapple evenly over crumbs. Sprinkle cinnamon and sugar on pineapple to taste. Pour cheesecake mixture over pineapple. Bake 1 hour, until cake is golden brown.

Barbara Cirincione
Grafton East Unit (Ashland)

# BUTTER PECAN TORTE

**1 cup all-purpose flour**
**½ cup butter or margarine, melted**
**1 (8-ounce) package cream cheese, softened**
**1 cup powdered sugar, sifted**
**1 (12-ounce) large carton frozen whipped topping**
**2 (3⅝-ounce) packages butter pecan flavored instant pudding**
**3 cups milk**
**½ cup chopped nuts**

Mix together flour and melted butter. Press in 13 x 9-inch pan. Bake at 350 for 20 minutes. Cool. Cream together cream cheese and powdered sugar until light. Add ⅓ frozen whipped topping. Mix well. Spread into cooled crust. Mix instant pudding with milk. Beat with an electric mixer until thick. Chill. Spread on cream cheese layer. Top with remaining frozen whipped topping and chopped nuts.

Mrs. Frank Morin (Dorothy)
Rockingham West Unit (Hampstead)

## PEANUT BUTTER APPLE CRUMBLE

**6 to 8 cooking apples, peeled**
**½ cup sugar**
**½ cup all-purpose flour**
**3 tablespoons peanut butter**
**3 tablespoons butter or margarine**

Slice apples into shallow 1½-quart baking dish. Mix sugar with flour in medium bowl. Cut in peanut butter and butter with pastry blender. Pour evenly over apples. Bake at 350 for 40 to 45 minutes. Yield: 4 to 6 servings.
*Note:* Serve warm with vanilla ice cream.

Alana L. Dugan
Strafford Unit (Rochester)

## COFFEE BAVARIAN

**1 (8-ounce) can evaporated milk**
**2 packages unflavored gelatin**
**½ cup cold water**
**1½ tablespoons instant coffee**
**½ cup boiling water**
**1 teaspoon vanilla**
**¾ cup sugar**

Freeze milk in ice cube tray until ice crystals are ¼-inch deep on sides and bottom of tray. Soak gelatin in cold water in top of double boiler. Cook over boiling water, stirring until gelatin dissolves. Dissolve instant coffee in ½ cup boiling water. Add coffee, ½ cup ice cubes and vanilla to gelatin. Stir. Let stand until mixture becomes cold and syrupy. Beat frozen milk with electric mixer on high speed until thick. Add sugar, beating constantly. Pour in coffee mixture. Stir thoroughly. Pour into serving bowl and refrigerate. Yield: 12 servings.
*Note:* It is important that gelatin and coffee mixture be the consistency of egg whites; thick but not congealed.

Marian Hanson
Grafton East Unit (West Thornton)

# LEMON DREAM DESSERT

**1 envelope unflavored gelatin**
**½ cup cold water**
**3 egg yolks**
**¾ cup sugar, divided**
**½ teaspoon salt**
**½ teaspoon lemon peel, grated**
**½ cup lemon juice**
**1 cup marshmallow cream**
**3 egg whites**
**½ to 1 cup heavy cream, whipped and sweetened**
**Chopped nuts (optional)**

Soften gelatin in cold water. Combine egg yolks with ½ cup sugar, salt, lemon peel and juice in top of double boiler. Cook over simmering water, stirring constantly until thick. Remove from heat. Add gelatin. Stir until dissolved. Add marshmallow cream. Mix well. Cool. Beat egg whites until soft peaks form. Gradually add sugar, beating constantly until stiff. Fold into gelatin. Pour into 8 x 8-inch pan. Chill until firm. Spread with sweetened whipped cream before serving. Garnish with nuts, if desired. Cut into squares. Yield: 9 squares.

Jacqueline G. Therrien
Hillsborough North Unit (Manchester)

## ENGLISH TRIFLE

**4 shortcakes**
**1 (17-ounce) can of any fruit**
**1 (3-ounce) package any flavor gelatin**
**1 (3¾-ounce) package vanilla pudding**
**Whipped cream**
**1 ounce semi-sweet chocolate**

Put 4 shortcakes in medium sized glass bowl. Drain can of fruit and reserve juice. Place the fruit in the shortcakes. Make gelatin according to package directions, using the juice from fruit can, if desired. Pour liquid gelatin over shortcakes. Chill until set. Make pudding according to package directions. Spread on top of gelatin. Cover with whipped cream. Grate chocolate over top for garnish. Yield: 6 to 8 servings.

Mrs. Paul Monto (Irene)
Southeastern Unit (Hampton)

## MOTHER'S GRAPENUT PUDDING

**1 quart milk**
**1 cup Grapenuts**
**2 eggs, beaten**
**¾ cup sugar**
**1 teaspoon vanilla**

Combine milk and Grapenuts in saucepan. Cook over low heat until thoroughly heated. Beat eggs together with sugar and vanilla. Blend well. Add to milk and Grapenuts. Pour into 1 or 2-quart casserole. Place casserole in pan of water. Bake at 350 for 30 to 40 minutes.

Pat LaFontaine
Grafton East Unit (Plymouth)

# BLUEBERRY PUDDING WITH FLUFFY SAUCE

***Pudding:***

**¼ cup butter or margarine, softened**
**1 cup plus 1 tablespoon sugar, divided**
**1 egg, beaten**
**1 cup milk**
**2½ cups all-purpose flour, divided**
**½ teaspoon salt**
**3 tablespoons baking powder**
**1½ cups blueberries**
**½ teaspoon nutmeg**

Cream butter with 1 cup sugar. Add egg and milk. Mix well. Reserve ½ cup flour. Sift remaining flour with salt and baking powder. Add to batter. Mix well. Mix blueberries with reserved ½ cup flour. Add floured berries to batter. Stir in gently. Pour into greased and floured 12 x 8-inch baking pan. Sprinkle top with mixture of nutmeg and remaining 1 tablespoon sugar. Bake at 350 for 30 to 40 minutes. Serve warm with Fluffy Sauce.

*Note:* The leftover pudding may be cut into squares, wrapped in foil and frozen.

***Sauce:***

**3 tablespoons butter or margarine, softened**
**½ cup powdered sugar**
**1 large egg, separated**
**½ cup heavy cream**
**1 teaspoon vanilla**

Cream butter with powdered sugar. Add egg yolk. Mix well. Beat egg white until stiff but not dry and fold into batter. Whip cream with vanilla until stiff. Carefully fold into sauce. Yield: 6 to 8 servings.

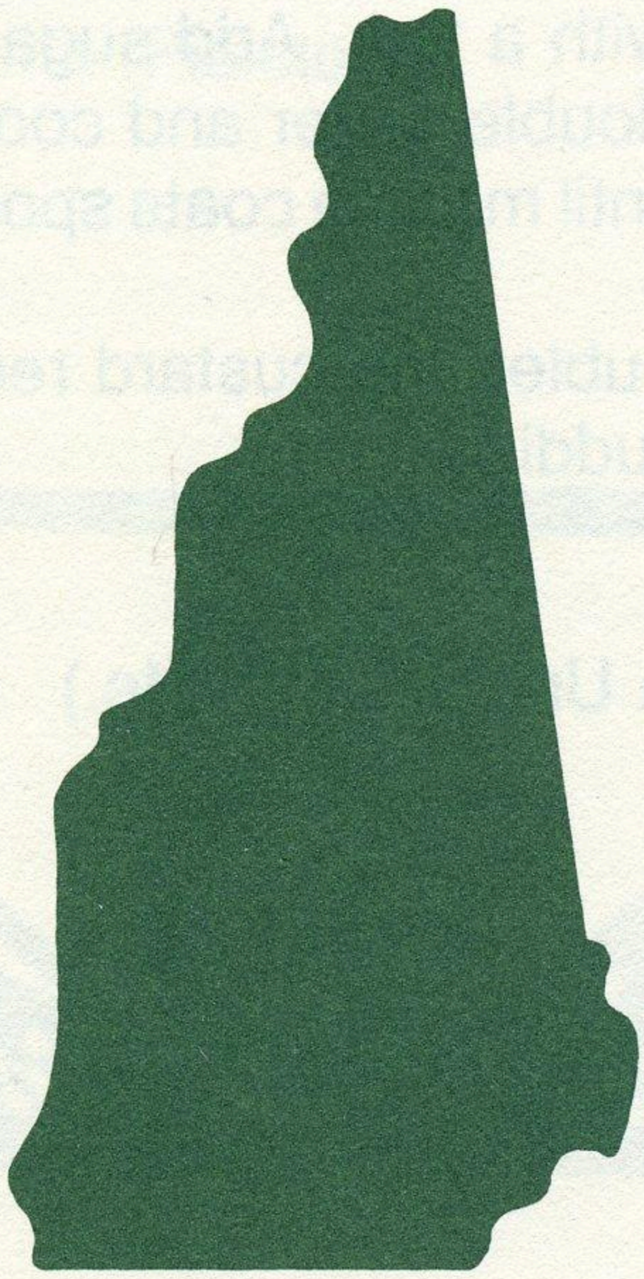
May F. Thibeault
Connecticut River Unit (Pittsburg)

# ENGLISH MOLASSES PUDDING

**½ cup milk**
**½ cup butter**
**1 cup flour**
**1 cup sugar**
**1 cup molasses**
**1 teaspoon soda**
**4 eggs, well-beaten**

Heat milk to almost boiling. Remove from heat. Add butter. Mix flour with sugar. Stir in molasses. Stir butter into milk until butter melts. Add soda to milk. Add milk to molasses mixture. Stir in eggs. Pour into buttered and floured tube pan. Bake at 325 for 30 minutes.
*Note:* I use a bundt pan. My family likes this served warm with heavy cream poured over it. It is delicious.

Sally Frances Laycock
Rockingham West Unit (Plaistow)



# SNOW PUDDING WITH SOFT CUSTARD

***Pudding:***

**1 tablespoon unflavored gelatin**
**¼ cup cold water**
**1 cup boiling water**
**1 cup sugar**
**¼ cup lemon juice**
**3 egg whites, beaten stiff**

Soak gelatin in cold water to soften. Dissolve in boiling water. Add sugar and lemon juice. When mixture thickens enough to hold mark of spoon, beat with a wire whisk until frothy. Fold in egg whites. Continue beating mixture until stiff enough to hold its shape. Place in mold. Refrigerate. Serve with soft custard.

***Custard:***

**2 cups milk, scalded**
**3 eggs, or 6 egg yolks**
**¼ cup sugar**
**⅛ teaspoon salt**
**½ teaspoon vanilla**

Beat eggs slightly with a fork. Add sugar and salt. Gradually add milk. Place in double boiler and cook over boiling water, stirring constantly, until mixture coats spoon. Cool slightly. Add vanilla. Chill.

*Note:* Our family doubles the custard recipe as we like quite a bit on the snow pudding.

Lynn Schneidler
Greater Portsmouth Unit (Kittery, Me.)

# LEMON SPONGE PUDDING

**2 egg yolks**
**¾ cup sugar**
**¾ cup all-purpose flour**
**1 tablespoon lemon peel, grated**
**¼ cup lemon juice**
**¼ teaspoon salt**
**1 cup milk**
**2 egg whites**

Preheat oven to 350. Combine egg yolks with sugar, flour, lemon peel, lemon juice and salt. Blend thoroughly. Stir in milk. Beat egg whites with electric mixer at high speed until stiff. Gently fold yolk mixture into egg whites, using rubber scraper. Mix carefully but thoroughly. Pour into greased custard cups. Put custard cups on baking pan, evenly spaced. Put pan in preheated oven. Pour hot water into baking pan to come halfway up sides of custard cups. Bake 35 minutes, until top is golden. Yield: 6 servings.
*Note:* 170 calories per serving.

Mrs. Elizabeth V. Doucette
Rockingham West Unit (Plaistow)

## MOCK INDIAN PUDDING

**1 quart milk, heated very hot**
**1 pint bread crumbs**
**½ cup sugar**
**½ cup molasses**
**Chunk butter or margarine**
**1 egg, well-beaten**
**1 teaspoon cinnamon**

Mix all ingredients together. Pour into casserole and bake at 325 for 3 hours. Stir 3 times during baking. Serve with cream or butter.

Sandra B. Keans
Strafford Unit (Rochester)

## FRUIT COCKTAIL PUDDING

**1 cup all-purpose flour**
**1 cup white sugar**
**¼ teaspoon salt**
**1 teaspoon soda**
**1 egg, beaten**
**1 (16-ounce) can fruit cocktail, undrained**
**1 cup brown sugar, firmly packed**
**Chopped nuts (optional)**

Combine flour with white sugar, salt, soda and egg. Mix until well-blended. Add fruit cocktail and juice. Pour into small greased casserole. Sprinkle brown sugar on top. Add nuts. Bake at 350 for 1 hour. Yield: 5 to 6 servings.

Marilyn Staples
Carroll South Unit (Wolfeboro)

# CHOCOLATE FUDGE PUDDING

**1 cup sifted all-purpose flour**
**2 teaspoons baking powder**
**1 teaspoon salt**
**⅔ cup sugar**
**6 tablespoons cocoa, divided**
**½ cup milk**
**2 tablespoons shortening, melted**
**1 teaspoon vanilla**
**½ cup pecans, chopped**
**1 cup brown sugar, firmly packed**
**1½ cups boiling water**

Sift flour with baking powder, salt, sugar and 2 tablespoons cocoa. Add milk, shortening and vanilla. Mix only until smooth. Add pecans. Fold into greased 1-quart shallow baking dish. Mix together brown sugar and remaining 4 tablespoons cocoa. Sprinkle over pudding. Pour 1½ cups boiling water over all. Bake at 350 for 40 minutes. Serve warm or cold, with or without cream. Yield: 8 servings.

*Note:* This pudding, when baked, has a chocolate sauce on the bottom and a cake on the top.

Denise A. Damour
Merrimack Unit (Contoocook)

## LAZY MAN COOKIES

**1 cup brown sugar, firmly packed**
**1 cup white sugar**
**½ cup milk**
**¼ pound margarine**
**1 (6-ounce) package chocolate chips**
**2 cups quick-cooking oatmeal, raw**
**1 (6-ounce) package raisins**

Combine brown sugar, white sugar, milk and margarine in saucepan. Bring to a boil over medium heat, stirring occasionally. Stir in remaining ingredients. Mix well. Drop by teaspoonfuls on waxed paper. Cool. Yield: 3½ dozen.

Mrs. Larry Warner (Fran)
Greater Portsmouth Unit (Kittery, Maine)

## PEANUT BUTTER PUDDING

**5 tablespoons all-purpose flour**
**⅓ cup plus 2 tablespoons sugar, divided**
**2 cups milk**
**¼ cup peanut butter**
**2 egg whites**
**¼ teaspoon salt**
**2 tablespoons sugar**
**1 teaspoon vanilla**

Mix flour and ⅓ cup sugar in top of double boiler. Add milk. Mix well. Cook over boiling water, stirring constantly, until thickened. (About 15 minutes.) Blend in peanut butter. Beat egg whites with salt until stiff but not dry. Gradually add remaining 2 tablespoons sugar. Beat constantly until mixture is smooth and glossy. Add vanilla. Fold into pudding. Chill.

Judith Briggeman
Grafton North Unit (North Haverhill)

## ORANGE OATMEAL COOKIES

**2 cups sifted all-purpose flour**
**2 cups sugar**
**4 teaspoons baking powder**
**1 teaspoon salt**
**1 teaspoon nutmeg**
**1 cup shortening**
**2 eggs, beaten**
**1 tablespoon freshly-squeezed orange juice**
**3 teaspoons orange peel, grated**
**3 cups quick-cooking oatmeal**

Preheat oven to 375. Sift flour with sugar, baking powder, salt and nutmeg in a large bowl. Add shortening, eggs and orange juice. Beat until smooth. Stir in orange peel and oatmeal. Drop by teaspoonfuls on greased cookie sheet. Bake 10 to 12 minutes. Cool on rack. Yield: about 5 dozen.

Marge Johnson
Grafton East Unit (Alexandria)

## STAINED GLASS COOKIES

**1 (12-ounce) package chocolate chips**
**½ cup margarine**
**1 (10½-ounce) bag multi-colored miniature marshmallows**
**Chopped nuts or shredded coconut**

Melt chocolate chips and margarine together. Cool. Fold in marshmallows. Form a log like an ice-box cookie roll in waxed paper. Roll in chopped nuts or coconut. Refrigerate 1 hour. Slice to serve.

Mrs. Martha von Dohrmann
Connecticut River Unit (Pittsburg)

## CHERRY WINKS

**¾ cup shortening**
**1 cup sugar**
**2 eggs, beaten**
**2 tablespoons milk**
**1 teaspoon vanilla**
**2¼ cups sifted all-purpose flour**
**1 teaspoon baking powder**
**½ teaspoon soda**
**½ teaspoon salt**
**1 cup nuts, chopped**
**1 cup dates, chopped**
**⅓ cup maraschino cherries, divided**
**Crushed cornflakes**

Cream shortening with sugar until light. Add eggs, milk and vanilla. Blend thoroughly. Sift flour with baking powder, soda and salt. Add to batter. Mix well. Stir in nuts, dates and ½ the cherries. Roll dough into balls of 1 tablespoon each. Roll balls into crushed cornflakes. Place on cookie sheet. Top each ball with ¼ cherry. Bake at 375 for 10 to 12 minutes.

Mrs. Jesse Bushaw
Grafton East Unit (Warren)

## BLOND BROWNIES

**2 cups all-purpose flour**
**1 teaspoon baking powder**
**¼ teaspoon soda**
**1 teaspoon salt**
**⅔ cup shortening, melted**
**2 cups brown sugar, firmly packed**
**2 eggs**
**1 teaspoon vanilla**
**½ cup nuts, chopped**
**1 cup chocolate chips**

Mix flour with baking powder, soda and salt. Do not sift. Blend shortening with brown sugar. Mix well. Blend in eggs and vanilla. Gradually add dry ingredients, beating continuously. Spread in greased 13 x 9-inch pan. Sprinkle with nuts and chocolate chips. Bake at 350 for 30 minutes. Cool in pan. Cut into squares. Yield: 4 dozen.

Barbara Basner
Grafton North Unit (Benton)

# CARROT COCONUT COOKIES

***Cookies:***

**1 cup mashed carrots**
**¾ cup sugar**
**½ cup butter or margarine**
**½ cup shortening**
**2 eggs**
**2 cups all-purpose flour**
**2 teaspoons baking powder**
**½ teaspoon salt**
**¾ cup coconut**

Mix mashed carrot with sugar and shortening. When well blended, add eggs, 1 at a time, mixing well. Sift flour with baking powder and salt. Stir dry ingredients into carrot mixture. Add coconut. Blend well. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 400 for 8 minutes. Cool before icing.

***Icing:***

**1½ cups powdered sugar, sifted**
**2 to 3 tablespoons margarine, softened**
**2 tablespoons orange juice**
**2 tablespoons orange rind (optional)**

Cream sugar and margarine until fluffy. Add orange juice. Stir in rind.

Mary A. Girard
Hillsborough North Unit (Candia)

## NO ROLL SUGAR COOKIES

**1 cup margarine, softened**
**1 cup shortening**
**1 cup brown sugar, firmly packed**
**1 cup white sugar**
**2 eggs**
**2 teaspoons vanilla**
**4 cups unsifted all-purpose flour**
**2 teaspoons cream of tartar**
**2 teaspoons soda**
**1 teaspoon salt**

Cream margarine and shortening with brown and white sugar until light. Add eggs, 1 at a time, beating well after each addition. Add vanilla. Mix well. Combine flour with remaining dry ingredients. Add to batter. Blend thoroughly. Shape into 1-inch balls. Dip top ½ into water, then into sugar. Place on ungreased cookie sheet. Press down in center. Bake at 375 for 8 to 10 minutes. Yield: 7 to 8 dozen.

Loraine K. Borin
Southeastern Unit (Kingston)

## VERMONT MAPLE COOKIES

**1 egg, beaten**
**½ cup butter, softened**
**½ cup maple syrup**
**½ cup nuts, coarsely chopped**
**½ cup chocolate chips**
**1¼ cups all-purpose flour**
**½ teaspoon soda**
**½ teaspoon salt**

Add the egg to butter and maple syrup. Mix well. Stir in nuts and chocolate chips. Sift flour together with soda and salt. Add to batter. Mix thoroughly. Drop by teaspoonfuls onto greased cookie sheet. Bake at 325 for 8 to 10 minutes. Yield: About 30 cookies.

Bonnie Henson
Grafton North Unit (North Haverhill)

## DUMP BARS

**½ pound margarine**
**2 cups brown sugar, firmly packed**
**4 eggs**
**1 teaspoon vanilla**
**½ teaspoon salt**
**1 teaspoon baking powder**
**2 cups all-purpose flour**
**1 cup coconut**
**½ cup walnuts**
**½ cup chocolate chips or butterscotch chips**

Melt margarine in large saucepan over medium heat. Add sugar. Mix well. Add eggs, 1 at a time, beating well after each addition. Add vanilla, salt, baking powder and flour. Beat well. Fold in coconut and walnuts. Spread in greased 13 x 9-inch pan. Sprinkle chips on top. Bake at 350 for 40 minutes. Yield: 24 servings.

Kathy Birkitt
Grafton East Unit (Plymouth)

## DUMP SQUARES

**½ pound butter or margarine**
**1 pound brown sugar**
**4 eggs**
**½ teaspoon salt**
**1 teaspoon vanilla**
**2 cups all-purpose flour**
**1 teaspoon baking powder**
**1 cup coconut, shredded**
**½ cup nuts, chopped**
**½ cup chocolate chips**
**½ cup dates, diced (optional)**
**½ cup maraschino cherries, chopped**

Melt butter in top of double boiler. Add brown sugar, eggs, salt and vanilla. Mix well. Fold in flour, baking powder, coconut and chocolate chips. Blend thoroughly. Add dates and cherries if desired. Pour into greased 13 x 9-inch pan. Bake at 325 for 40 minutes.

Mrs. Leroy Kimball (Grace)
Merrimack Unit (Contoocook)

# BLUEBERRY SQUARES

***Cake:***

**3 eggs**
**1 cup shortening**
**2 cups sugar**
**1 teaspoon vanilla**
**3 cups all-purpose flour**
**4 cups fresh blueberries**

Beat eggs in large bowl. Add shortening and sugar. Mix thoroughly. Add vanilla and 1 cup flour. Beat well. (Batter will be thick.) Stir in remaining 2 cups flour. Blend thoroughly. Spread batter in greased 15 x 12-inch jelly roll pan. Sprinkle blueberries over all.

***Topping:***

**1 cup all-purpose flour**
**1 cup sugar**
**1 teaspoon cinnamon**
**½ cup butter**

Mix flour, sugar and cinnamon. Cut in butter until mixture resembles small peas. Sprinkle over blueberries. Bake at 350 for 40 to 45 minutes.

Jeanette Morneau
Androscoggin Unit (Gorham)

# COCONUT MARBLE SQUARES

**½ cup butter or margarine, melted**
**5 tablespoons white sugar**
**5 tablespoons brown sugar, firmly packed**
**1 egg, beaten**
**1 cup plus 2 tablespoons all-purpose flour**
**½ teaspoon salt**
**½ teaspoon soda**
**2 tablespoons warm water**
**1 tablespoon vanilla**
**½ cup walnuts, chopped**
**1 (6-ounce) package semi-sweet chocolate chips**
**¼ cup flaked coconut**
**Powdered sugar**

Cream butter and sugar. Add egg. Beat well. Sift flour together with salt and soda. Gradually add to butter and sugar. Add water and vanilla. Mix thoroughly. Add walnuts, chocolate chips and coconut. Fold in well. Batter will be stiff. Spread evenly into greased 10 x 8-inch pan. Place in preheated 375 oven. After 3 minutes, remove from oven. Run knife through batter to make marble pattern. Return to oven. Bake 15 minutes. Cool for 1 hour. Cut into squares. Sprinkle with powdered sugar. Yield: 2 dozen squares.
*Note:* To double recipe, use larger pan and cook 30 minutes.

Barbara Dempsey
Hillsborough South Unit (Nashua)

## FRUIT-FILLED BARS

½ cup margarine, softened
2 cups sugar
4 eggs
1 teaspoon vanilla
3 to 3½ cups all-purpose flour
1 (21-ounce) can any flavor pie filling, or
1 (18 to 21-ounce) jar any flavor preserves

Cream margarine with sugar. When well blended, add eggs, 1 at a time, beating well after each addition. Add vanilla. Gradually add flour, mixing thoroughly. Spread ⅔ dough on greased large cookie sheet. Spread filling evenly over dough. Drop remaining dough on filling by spoonfuls. Bake at 350 for 35 to 45 minutes. Check after 30 minutes. When done, cool and cut into squares to serve.

Patricia Sabin
Grafton North Unit (Boltonville, Vermont)

## SUGAR COOKIES

1 cup white sugar
1 cup brown sugar, firmly packed
1 cup shortening
1 teaspoon vanilla
2 eggs, beaten
2 teaspoons soda
1 teaspoon salt
2 teaspoons cream of tartar
3 cups all-purpose flour

Cream white and brown sugar together with shortening. Add vanilla and eggs. Mix well. Sift soda, salt, cream of tartar and flour together. Add to batter. Blend thoroughly. Form into walnut-sized balls. Roll in sugar. Place on greased cookie sheet. Bake at 350 for 12 minutes.

Anita Parsons
Hillsborough North Unit (Bedford)

# PUMPKIN BARS WITH CREAM CHEESE ICING

**2 cups sugar**
**1 cup vegetable oil**
**4 eggs**
**1 cup pumpkin pie filling**
**½ teaspoon salt**
**2 teaspoons cinnamon**
**1 teaspoon baking powder**
**1 teaspoon soda**
**2 cups all-purpose flour**
**1 cup raisins**
**½ cup walnuts, chopped**

Beat sugar with vegetable oil until well-blended. Add eggs, 1 at a time, beating well after each addition. Add pumpkin. Mix well. Combine salt, cinnamon, baking powder, soda and flour. Add to pumpkin mixture. Blend well. Fold in raisins and nuts. Spread batter in greased and floured 15½ x 10½-inch jelly roll pan. Bake at 350 for 20 to 25 minutes. Cool slightly before icing.

***Cream Cheese Icing:***

**1 (3-ounce) package cream cheese, softened**
**6 tablespoons butter or margarine, softened**
**¾ pound powdered sugar, sifted**
**1 teaspoon vanilla**
**Milk**

Beat cream cheese and butter with sugar until light. Add sugar and vanilla. Mix thoroughly. Add enough milk to make a nice spreading consistency. Spread over pumpkin bars while they are still warm. Cool thoroughly. Cut into squares.

Mrs. Leland Fogg (Katherine)
Connecticut River Unit (Pittsburg)

## PEANUT BUTTER SQUARES

**1 pound peanut butter, chunky or smooth**
**1 pound powdered sugar, sifted**
**2 cups graham cracker crumbs**
**¾ pound butter or margarine, melted, divided**
**1 (12-ounce) package chocolate chips**

Mix together peanut butter, powdered sugar, graham cracker crumbs and ½ pound melted butter. Blend well. Press firmly into 9 x 5 x 3-inch loaf pan. Melt chocolate chips with remaining ¼ cup butter. Spread over crumb mixture. Refrigerate until firm. Cut into 1-inch squares.

Mrs. Lillian McDerby
Office of U. S. Congressman D'Amours
Hillsborough North Unit (Manchester)

## DELICIOUS MAPLE BARS

**⅔ cup sifted all-purpose flour**
**½ teaspoon baking powder**
**1 teaspoon salt**
**½ cup margarine, softened**
**½ cup sugar**
**1 egg, beaten**
**½ cup maple syrup**
**1 cup rolled oats**
**1 teaspoon vanilla**
**1 cup nuts, chopped, or 1 cup coconut, grated**

Sift flour with baking powder and salt. Cream margarine with sugar until light. Add egg. Mix well. Add sifted dry ingredients, blending thoroughly. Stir in remaining ingredients and mix well. Spread into greased 8-inch square pan. Bake at 350 for 30 to 35 minutes. Cut into squares while warm.

Sylvia Rathburn
Grafton North Unit (South Newbury, Vermont)

# SPICY APPLE TWISTS

**2 large apples**
**1½ cups sifted all-purpose flour**
**1 teaspoon salt**
**½ cup shortening**
**4 to 5 tablespoons cold water**
**2 tablespoons butter or margarine, softened**
**⅓ cup butter or margarine, melted**
**½ cup sugar**
**1 to 1½ teaspoons cinnamon**
**¾ cup water**

Peel and core apples. Cut each apple into 8 wedges. Sift flour into mixing bowl with salt. Cut in shortening. When well blended, sprinkle cold water over dough, stirring with fork until dough is just moist enough to hold together. Form into ball. Flatten with hands to ½-inch thickness, keeping edges smooth. Roll out on floured surface to 12-inch square. Spread with softened butter. Fold sides to center. Roll out to 16 x 10-inch rectangle. Cut into 16 strips, 10 x 1-inch long. Wrap each apple wedge in dough strip. Arrange in 13 x 9-inch pan, with apple twists not touching each other. Brush with butter. Sprinkle with cinnamon and sugar. Pour ¾ cup water around pastries. Bake at 450 for 20 to 30 minutes. Serve hot or cold, plain or with whipped cream.

Pearl Fysh
Androscoggin Valley Unit (Berlin)

## APPLE PIE

**1 (16-ounce) can pears, drained**
**1 9-inch pie shell, unbaked**
**5 to 8 cooking apples, pared, cored and diced**
**¾ to 1 cup sugar**
**2 tablespoons all-purpose flour**
**½ teaspoon cinnamon**
**2 tablespoons white rum**
**2 tablespoons butter or margarine**
**Crust for top of pie**

Slice pears thinly and line pie shell. Combine apples with sugar, flour and cinnamon. Place over pears. Sprinkle rum over apples. Dot with butter or margarine. Fit top crust over pie. Bake at 450 for 10 minutes. Lower oven to 350 and bake for 35 to 50 minutes.

Anita Parsons
Hillsborough North Unit (Bedford)

## LEMON SOURS

**¾ cup sifted all-purpose flour**
**⅓ cup butter or margarine**
**2 eggs**
**1 cup brown sugar, firmly packed**
**¾ cup coconut, shredded**
**½ cup walnuts, chopped**
**¼ teaspoon baking powder**
**¼ teaspoon vanilla**
**1 teaspoon lemon rind, grated**
**2 tablespoons lemon juice**
**1 cup powdered sugar, sifted**

Mix together flour and butter until mixture has consistency of cornmeal. Press into 11 x 7-inch pan. Bake at 350 for 10 minutes. Meanwhile, beat eggs with brown sugar, coconut, nuts, baking powder and vanilla. Mix thoroughly. Spread on first mixure as soon as it comes from oven. Return to 350 oven and bake 20 minutes longer. Mix lemon rind and juice with powdered sugar. Beat until creamy. Spread this on top of second layer as soon as cooking is complete. Cool completely. Cut into squares. Yield: 24 squares.

Marge Voedisch
Carroll South Unit (Wolfeboro)

## CUSTARD PIE

**3 whole eggs plus 2 yolks; or 4 eggs, slightly beaten**
**¾ cup sugar**
**½ teaspoon salt**
**3 cups milk**
**1 teaspoon vanilla**
**Ground nutmeg**
**Unbaked pie shell**

Beat eggs slightly. Add sugar, gradually, beating constantly. Add salt. Stir in milk and vanilla. Strain into pie shell. Add nutmeg. Bake at 450 for 30 to 40 minutes, or until knife inserted in center comes out clean.

Mrs. Winnifred Smith
Grafton East Unit (Plymouth)

## ANGEL PIE

**1½ cups sugar, divided**
**¼ teaspoon cream of tartar**
**4 eggs, separated**
**½ pint heavy cream**
**3 tablespoons lemon juice**
**1 tablespoon lemon rind (1 lemon)**
**½ teaspoon salt**
**Coconut or whipped cream**

Sift 1 cup sugar with cream of tartar. Beat egg whites until stiff but not dry. Gradually add sugar, beating constantly. Turn meringue out onto a 9 x 10-inch plate. Hollow out center, leaving thick sides. Bake at 275 for 1 hour. Cool. Beat egg yolks slightly. Add remaining sugar, lemon juice, rind and salt. Cook in top of double boiler over boiling water until thick, stirring occasionally. Remove from heat. Cool. Whip cream until stiff and combine with lemon mixture. Pile into center of meringue. Garnish with coconut or whipped cream, if desired.

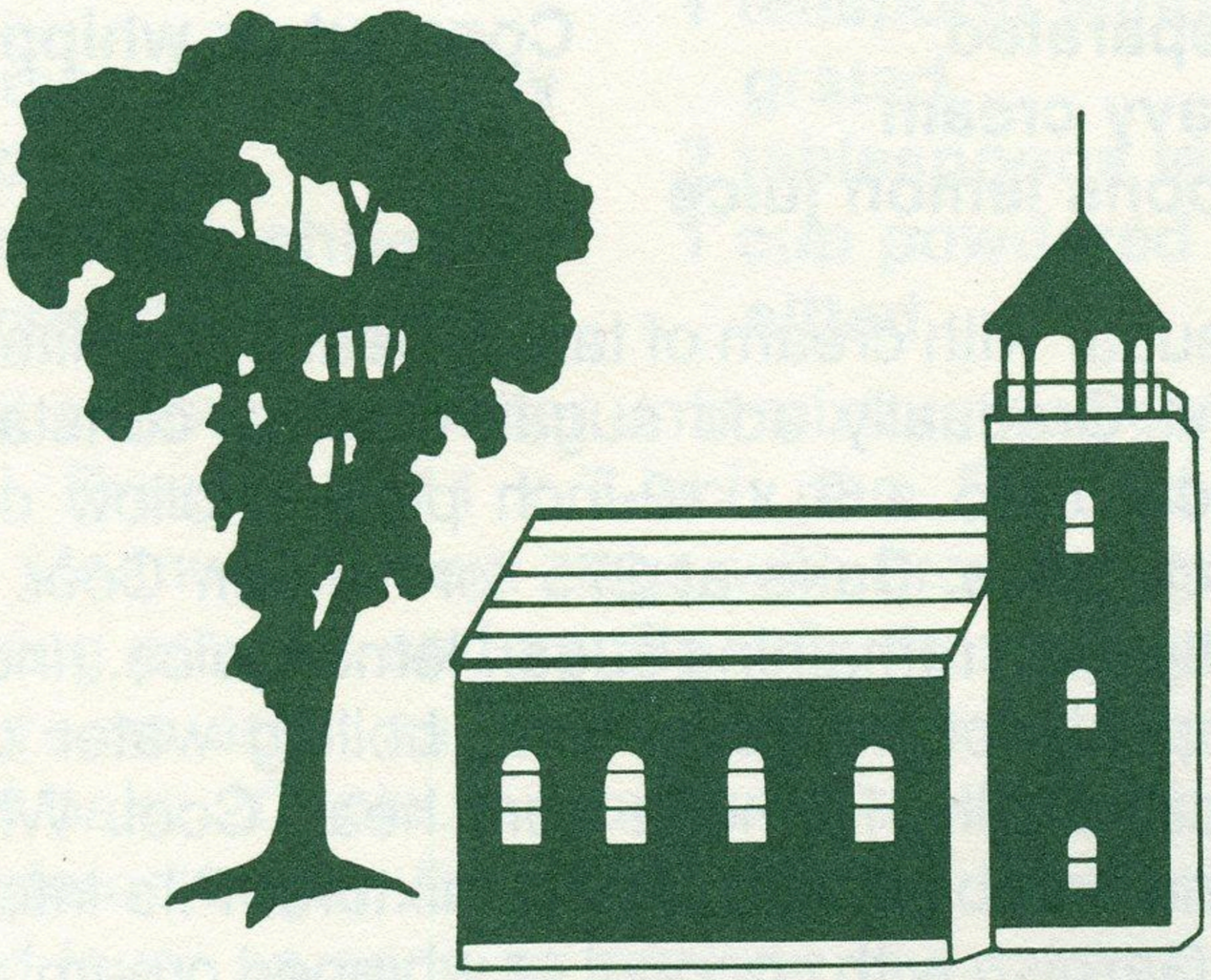
Marceline W. Bodwell
Kearsarge-Lake Sunapee Unit (Sunapee)

# RACETRACK PIE

**2 eggs**
**1 cup sugar**
**½ cup butter, melted**
**3 tablespoons bourbon (or 1 teaspoon vanilla)**
**¼ cup cornstarch**
**1 cup pecans, finely chopped**
**1 (6-ounce) package semi-sweet chocolate chips**
**1 unbaked 9-inch pie shell**
**½ cup heavy cream, whipped with 1 tablespoon bourbon**

Beat eggs with electric mixer on high speed. Gradually add sugar. Continue beating, adding melted butter and bourbon. Add cornstarch and mix well. Stir in pecans and chocolate chips. Pour into pie shell. Bake at 350 for 45 to 50 minutes. Cool 1 hour before cutting. Serve with flavored whipped cream.

Mrs. Jonathon Shaw (Marlene)
Hillsborough South Unit (Nashua)



## MAPLE COCONUT PIE

**3 eggs, well-beaten**
**½ cup sugar**
**1 teaspoon vanilla**
**½ teaspoon salt**
**1 cup maple syrup**
**1 tablespoon butter, melted**
**1 (7-ounce) package Angel Flake coconut**
**Unbaked 9-inch pie shell**

Beat eggs slightly with sugar. Add vanilla and salt. Mix well. Pour in syrup and melted butter. Blend thoroughly. Spread coconut in pie shell. Pour syrup mixture over coconut. Bake at 425 for 10 minutes. Reduce heat to 350. Bake until pie puffs in the middle and a silver knife inserted in the center comes out clean. Yield: 8 servings.

Marian Hanson
Grafton East Unit (West Thornton)

## CRANBERRY SURPRISE PIE

**2 cups fresh cranberries**
**1 cup sugar, divided**
**½ cup nuts, chopped**
**2 eggs**
**1 cup all-purpose flour**
**½ cup butter or margarine, melted**

Wash berries. Spread over well-greased 10-inch pie pan. Sprinkle with ½ cup sugar and chopped nuts. Beat eggs. Gradually add remaining ½ cup sugar. Add flour and melted butter, beating constantly. Pour batter over cranberries and nuts. Bake at 325 for 1 hour.
*Note:* This is good served warm with vanilla ice cream.

Alison H. Hulme
Rockingham West Unit (North Hampton)

# CHOCOLATE ANGEL PIE

***Pie:***

**½ pound miniature marshmallows**
**1 cup milk**
**⅛ teaspoon salt**
**1 teaspoon vanilla**
**1 cup heavy cream, whipped**
**2 (1-ounce) squares unsweetened chocolate, grated**
**½ cup walnuts, chopped**
**1 (9-inch) pie shell, baked**
**½ cup shredded coconut**

Mix marshmallows with milk in top of double boiler. Heat over boiling water until marshmallows are melted. Cool slightly. Stir in salt and vanilla. Fold in whipped cream and chocolate. Mix well. Add walnuts. Stir to mix. Pour mixture into pie shell. Sprinkle with coconut. Chill.

***Topping:***

**1 cup heavy cream, whipped**
**1 ounce semi-sweet chocolate, grated**

Chill whipped cream. Spread on top of pie. Sprinkle with grated chocolate. Refrigerate until ready to serve. Yield: 6 to 8 servings.

Mrs. James Sartorelli (Cecile)
Hillsborough North Unit (Manchester)

# WHOPPY PIES

***Cookies:***

**1 cup sugar**
**⅓ cup shortening**
**1 egg, beaten**
**1 teaspoon vanilla**
**2 cups all-purpose flour**
**½ teaspoon soda**
**¼ teaspoon salt**
**6 tablespoons cocoa, or 2 ounces baking chocolate, melted**

Cream sugar and shortening until light. Add egg and vanilla. Mix well. Sift flour with remaining dry ingredients. Add to batter. Mix well. Stir in melted chocolate, if necessary. Drop by rounded teaspoonfuls on greased cookie sheets. Bake at 350 for 8 to 10 minutes.

***Filling:***

**1 cup powdered sugar, sifted**
**½ cup shortening**
**¼ cup margarine, softened**
**6 heaping tablespoons marshmallow cream**
**½ teaspoon vanilla**

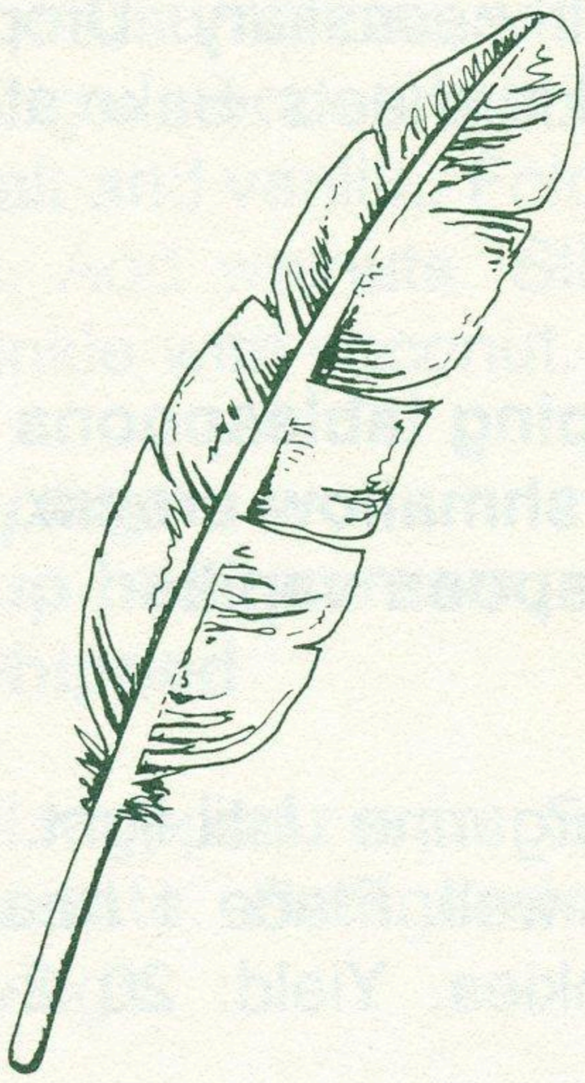
Cream sugar with shortening and margarine until light. Add marshmallow cream and vanilla. Mix well. Place 1 heaping teaspoonful of filling between 2 cookies. Yield: 20 2-inch whoppy pies.

Grace L. Herbert
Belknap Unit (Gilford)

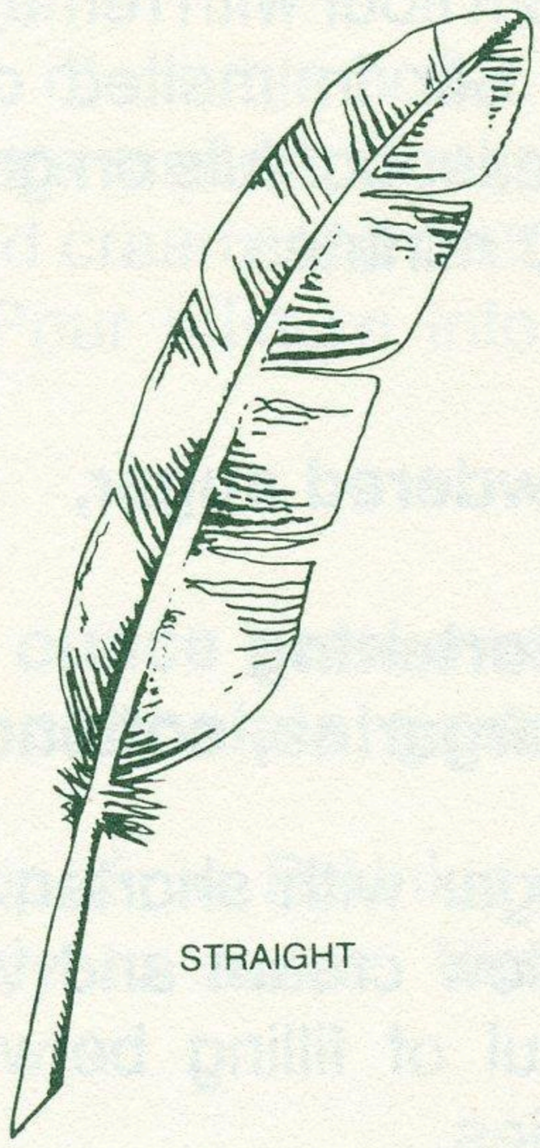
# Quill Pen

Collect some long, strong feathers. Goose feathers are best but turkey feathers will do nicely.

1) With sharp knife, **make** an oblique **straight** cut through end of quill to make a point.
2) **Curve** tip with second cut.
3) **Slit** tip carefully.



STRAIGHT



CURVE

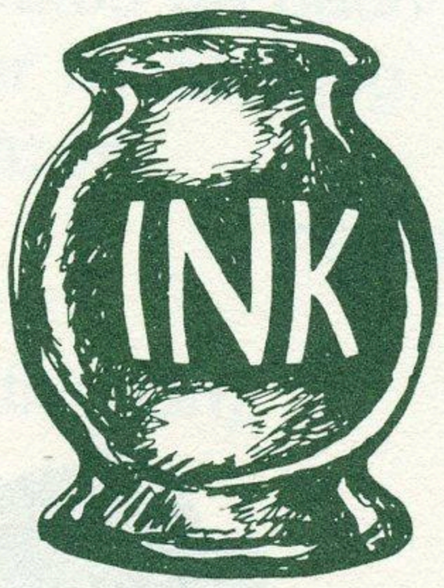
SLIT

## To Make Ink

Brown: Mash walnut or butternut husks. Add water and boil down. Strain and add vinegar and salt to boiling mixture to set color.

Black: Add lamp black to the above.

Blue: Mix with water
2 parts powdered indigo
1 part madder
1 part bran
Let stand and strain well




# Foreign Favorites

# HOME-STYLE GREEN BEANS (GREEK-ITALIAN)

**¼ cup olive oil**
**1 medium onion, finely chopped**
**2 cloves garlic, minced**
**2 basil leaves**
**1 sprig parsley**
**½ to 1 tablespoon oregano**
**1 (16-ounce) can Italian plum tomatoes**
**Salt and pepper to taste**
**2 pounds fresh string beans, cooked**

Heat olive oil in medium saucepan. Saute onion, garlic, basil, parsley and oregano until soft. Add tomatoes, salt and pepper. Simmer 10 to 15 minutes. Pour over drained string beans. Simmer 10 minutes before serving to heat through. Yield: 6 to 8 servings.

Sandra Keans
Strafford Unit (Rochester)

## HERMAN ABEL'S GERMAN SAUSAGE PATTIES

**5 eggs**
**1 cup milk**
**3 teaspoons salt**
**½ teaspoon pepper**
**1 envelope Lipton's onion soup mix**
**⅛ teaspoon garlic powder**
**5 pounds lean pork, finely ground**
**1¼ cups fine breadcrumbs**

Combine eggs, milk, salt, pepper, onion soup mix and garlic powder in blender. Process for a few seconds, until thoroughly blended. Place pork in bowl of electric mixer. Add ingredients from blender, mixing at low speed. Add breadcrumbs. Mix 10 minutes at low speed. Shape into patties with ice cream scoop or ¼-cup measure. Flatten with wet hands. Cook in skillet over medium heat 10 minutes on each side. It may be necessary to add a little butter for cooking.
*Note:* Sausage may be frozen.

Irma A. Hale
Rockingham West Unit (Atkinson)

## ASSYRIAN RICE

**2 pounds Carolina rice** **½ pound butter**

Wash rice with cold water several times until water runs clear. Soak washed rice in salted water to cover overnight. Boil rice in same water. Add more water for cooking. Cook, over low heat, for ¾ of recommended cooking time. Drain rice thoroughly. *Do not* rinse with water. Put drained rice in Dutch oven or casserole. Put butter on top of rice. Cook at 400 for about 20 minutes. Mix butter into rice with fork. Cook another 20 minutes. Yield: 10 servings.

Anita Parsons
Hillsborough North Unit (Bedford)

# TOBEY'S SPINACH PIE
## (Greek)

**3 pounds spinach**
**¾ cup onion, chopped**
**2 cloves garlic, mashed**
**1¼ cups margarine, divided**
**3 eggs**
**¾ pound Feta cheese**
**3 tablespoons dill, chopped**
**3 tablespoons parsley, chopped**
**Salt and pepper to taste**
**Filo dough**

Cook spinach. Drain *well.* Saute onion and garlic in about ¼ cup margarine. Add eggs and other ingredients, except filo. Melt margarine. Brush 13 x 9-inch pan with melted margarine. Lay 8 to 10 filo leaves in pan. Brush with margarine. Carefully spread spinach mixture in thin layer over filo. Repeat, layering filo, melted margarine, then spinach. End with filo topped with melted margarine. Bake at 325 for 30 to 35 minutes.
*Note:* It is important not to let filo leaves dry out as you are assembling spinach pie. While layering, keep filo covered with damp towel.

Nancy Taylor
Carroll South Unit (Wolfeboro Falls)

## CANADIAN PORK PIE

**1 pound ground pork**
**3 potatoes, quartered**
**1 onion, chopped**
**Salt and pepper to taste**
**½ teaspoon ground cloves**
**½ teaspoon cinnamon**

Cook all ingredients over medium heat on stove top until potatoes are cooked. Mash well. Spoon into unbaked 9-inch pie shell. Cover with 10-inch circle of pastry. Flute edges as desired. Bake at 400 for 40 minutes.

Martha H. Cox
Strafford Unit (Dover)

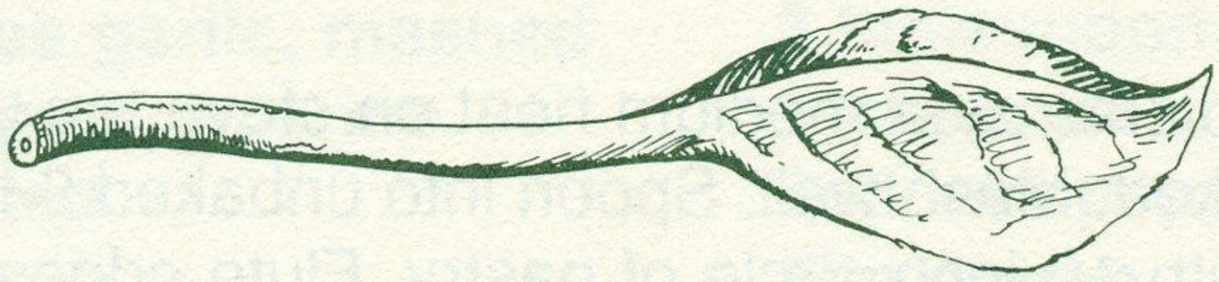
## GUATEMALA RICE

**1 cup cooked rice**
**1 pint sour cream**
**8 ounces Cheddar cheese, coarsely shredded**
**2 cans green chili peppers, chopped**

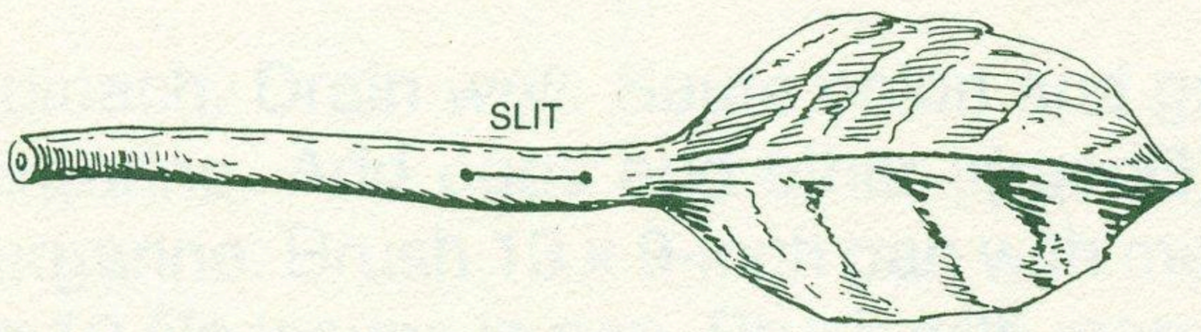
Combine all ingredients. Mix well. Bake at 350 for 30 minutes, until bubbly.
*Note:* Use chili peppers to taste.

Helen Crossin
Hillsborough North Unit (Manchester)

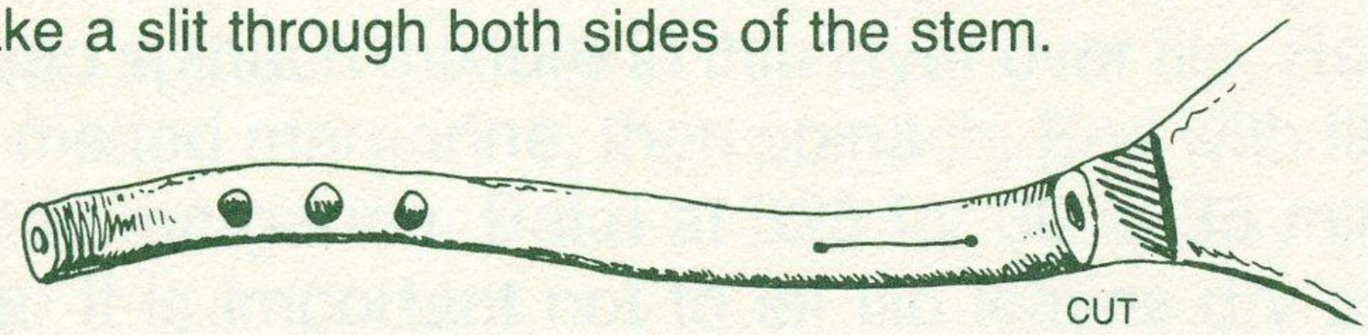
# Pumpkin Vine Flute



With a jack knife, cut a long leaf stem from a pumpkin.



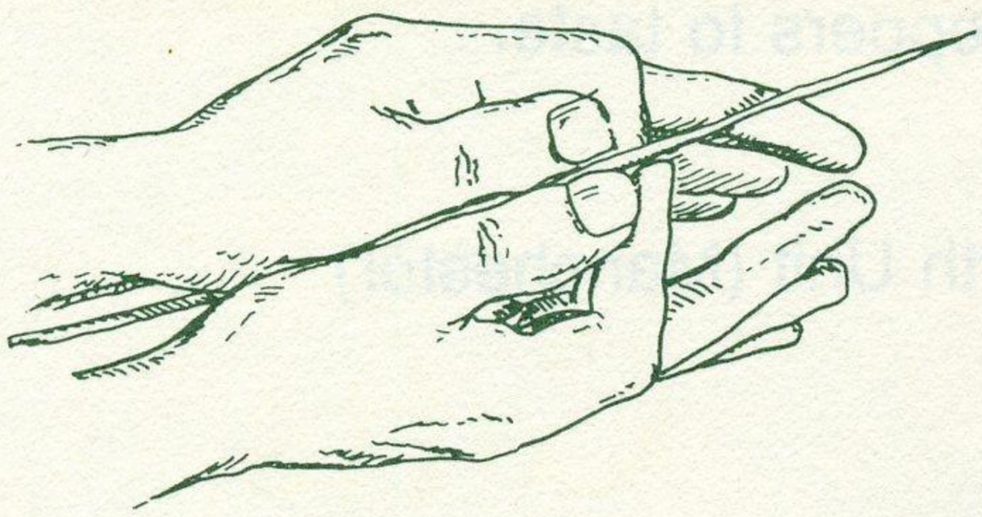

Make a slit through both sides of the stem.




At the base of the leaf, in the solid part just beyond the end of the hollow stem, cut off the leaf.

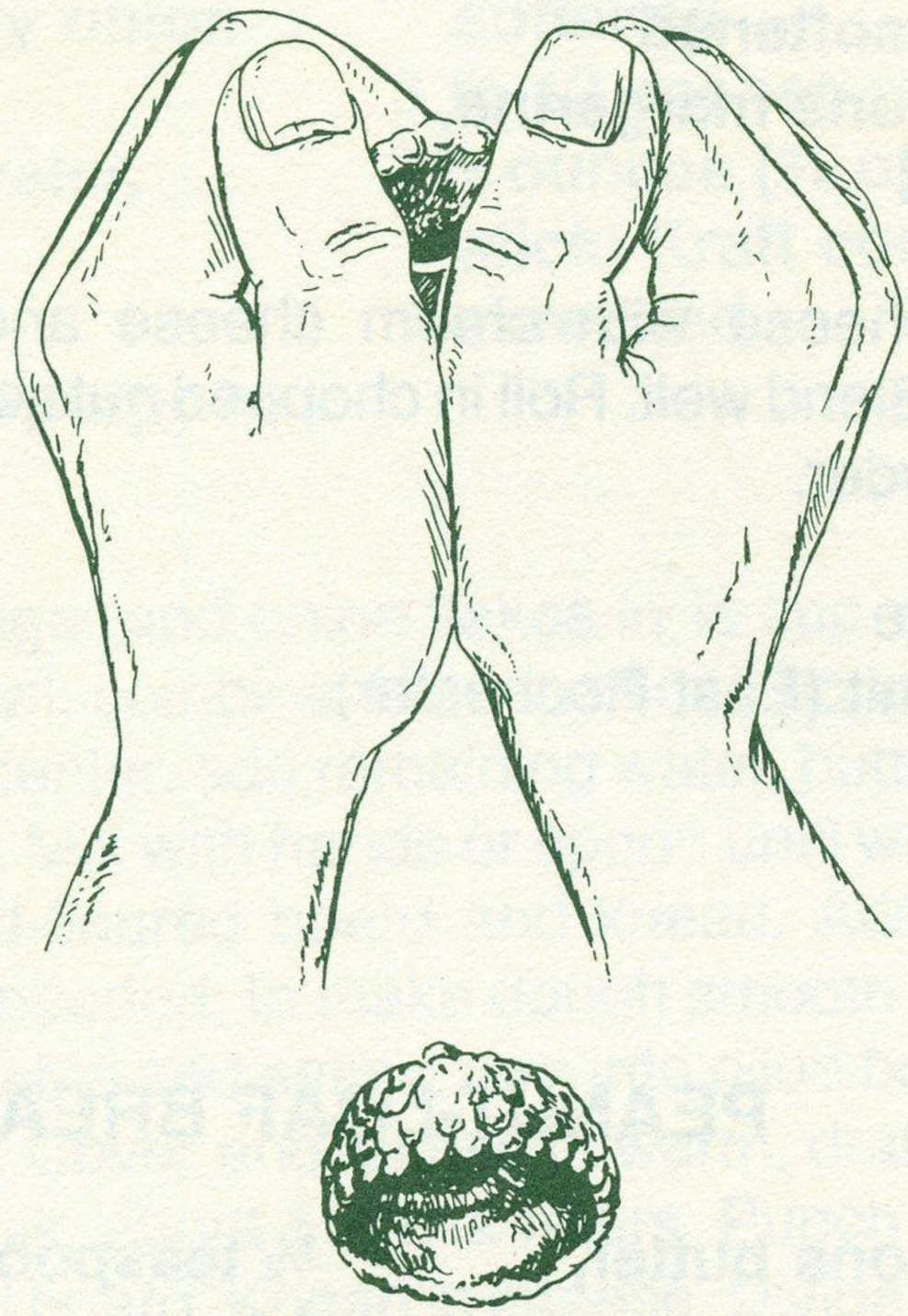
Holes may be cut for the fingers. You may need to try again till you get one that works well.

# Grass Whistle



Stretch grass tightly between the tips and bases of both thumbs. Place your lips just blow your thumb knuckles and BLOW! Some people can play a tune this way.

# Acorn Whistle



Hold acorn under both thumbs, close to the knuckle. Position your lips over the knuckles with the upper lip above and the lower lip below. BLOW HARD to produce a loud sound.

# Gifts From the Kitchen

## CHEESE ROLL

**½ pound sharp Cheddar, shredded**
**1 (3-ounce) package cream cheese, softened**
**4 tablespoons margarine, softened**
**½ teaspoon garlic salt**
**Chopped nuts, *or***
**Paprika or chili powder**

Combine cheese with cream cheese and margarine. Add garlic salt. Blend well. Roll in chopped nuts or dust with paprika or chili powder.

Carol Dostie
Strafford Unit (East Rochester)

## PEANUT-LOAF BREAD

**5 tablespoons butter, divided**
**1 cup plus 4 tablespoons brown sugar, firmly packed, divided**
**1 cup peanuts, chopped**
**2 cups all-purpose flour**
**½ teaspoon soda**
**1 teaspoon baking powder**
**½ teaspoon salt**
**2 tablespoons peanut butter**
**1 egg, beaten**
**1 cup sour milk**

Spread 3 tablespoons butter in loaf pan. Cover with 4 tablespoons brown sugar and peanuts. Sift flour with soda, baking powder and salt. Melt remaining 2 tablespoons butter with peanut butter. Mix egg with remaining 1 cup brown sugar. Stir in peanut butter and sour milk. Mix in dry ingredients until just blended. Pour over brown sugar in loaf pan. Bake at 350 for 1 hour. Invert to serve.

Sandra B. Keans
Strafford Unit (Rochester)

# CHEESE AND ONION BREAD

**1½ packages (1½ tablespoons) dry yeast**
**1 tablespoon sugar**
**3 tablespoons dry onion flakes**
**1¾ cups warm water, divided**
**4½ to 5½ cups unbleached all-purpose flour**
**1 tablespoon poppy seed**
**1 tablespoon salt**
**½ cup butter or margarine, softened**
**8 to 10 dashes of Tabasco**
**7½ ounces (¾ of 10-ounce stick) Kraft coon cheese, shredded**

Dissolve yeast, sugar and onion flakes in ½ cup warm water. In large mixing bowl, combine 4½ cups flour, poppy seed and salt. Make well in center, add remaining water, butter, Tabasco and yeast mixture. Mix with hands or spoon until well-blended. Turn out onto well-floured board and knead. Add remaining flour gradually as needed, to make dough smooth and elastic. When dough is pliable and satiny, turn into oiled bowl. Grease all sides of dough. Cover and let rise in warm, draft-free place until doubled in bulk, about 1½ to 2 hours. Punch down. Turn onto lightly-floured board. Knead in cheese. Divide into 4 equal balls. Place 2 balls in each of 2 greased 9 x 5-inch loaf pans. Cover and let rise until doubled. Bake at 375 for 30 minutes. Bottom of loaves should sound hollow when rapped with knuckles. Place loaves on oven rack and bake for another 5 minutes, out of pans, to firm crust. Cool on rack before slicing.
*Note:* This bread makes a particularly good sandwich and is excellent for toasting.

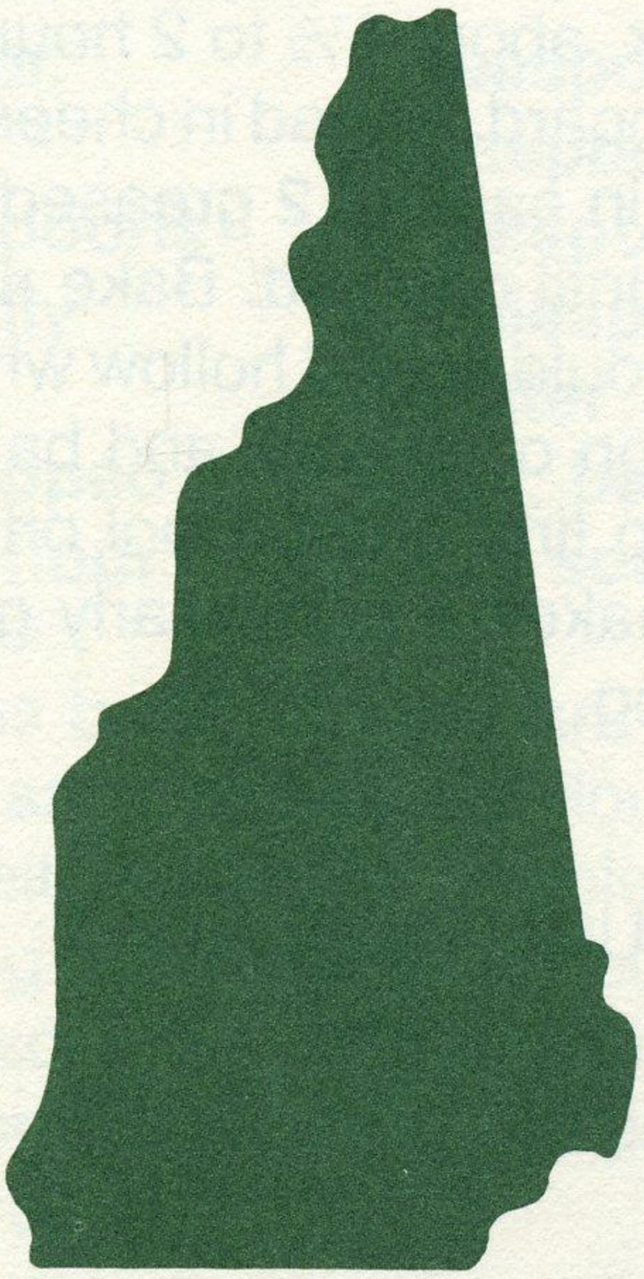
Ruth Cogswell
Rockingham West Unit (Plaistow)

# PINEAPPLE BRAN BREAD

½ cup crushed pineapple, reserve juice
⅔ cup whole bran
2 cups sifted flour
½ cup sugar
2 teaspoons baking powder
¼ teaspoon soda
1 teaspoon salt
½ cup nuts, chopped
1 egg, well-beaten
2 tablespoons butter or margarine, melted

Measure pineapple juice. Add enough water to make ⅔ cup. Pour over bran. Let stand 15 minutes. Sift flour with sugar, baking powder, soda and salt. Add nuts, crushed pineapple, egg and melted butter to bran. Add sifted dry ingredients. Mix until just blended. Turn into greased loaf pan. Bake at 325 for 1¼ hours.

Sandra B. Keans
Strafford Unit (Rochester)



## MIXED VEGETABLES

**1 can bean sprouts, drained and rinsed**
**3 large celery stalks, chopped**
**1 large onion, sliced**
**1 small green pepper, chopped**
**1 cup tomato juice**
**1 beef bouillon cube, dissolved in 1 cup warm water**

Place bean sprouts in casserole. Cook remaining vegetables in tomato juice and bouillon in saucepan until tender. Pour over bean sprouts. Place in 300 oven and heat thoroughly. Yield: 4 servings, 43 calories each.
*Note:* Often I add a small can of mushrooms (16 calories) and cook extra lean hamburg and make this a delicious lunch.

Madeleine Aucoin
Merrimack Unit (Henniker)

## HOLIDAY MUSTARD

**1 cup dry mustard**
**1 cup vinegar**
**3 eggs, beaten**
**1 cup sugar**

Mix mustard and vinegar. Cover and let stand overnight. Combine eggs with sugar. Mix well and add to mustard. Pour into saucepan and cook over low heat, stirring frequently, until mixture thickens. Cool. Yield: 2 (8-ounce) jars.
*Note:* This makes a wonderful hostess gift.

Rita M. Brown
Greater Portsmouth Unit (Rye)

# HAM AND CHEESE SOUFFLÉ

**16 slices good white bread**
**1½ pounds sliced ham, cut into small pieces**
**8 ounces Cheddar cheese, shredded**
**8 ounces Swiss cheese, shredded**
**6 eggs**
**3 cups milk**
**½ teaspoon onion salt**
**½ teaspoon dry mustard**
**3 cups crushed cornflakes**
**½ cup butter, melted**

Cut crusts off bread. Cut slices in half. Cover bottom of greased 13 x 9 x 2½-inch pan with slices. Layer ½ ham over bread. Evenly sprinkle ½ Cheddar and ½ Swiss over ham. Repeat, with bread, ham, Cheddar and Swiss. Combine eggs with milk, onion salt and dry mustard. Mix well. Pour over casserole. Refrigerate overnight. Mix cornflakes with melted butter. Spread over top of casserole. Bake at 350 for about 1 hour. Casserole may be frozen successfully before topping is added.

*Note:* Slightly crush cornflakes, rather than using commercially crushed cornflakes. Chopped ham may be used rather than sliced.

Mrs. A. Donald Thurston (Joan E.)
Belknap Unit (Weirs Beach)

## CRISP CUCUMBER SLICES

**4 quarts medium cucumbers**
**6 white onions, sliced**
**2 green peppers, chopped**
**3 cloves garlic, peeled**
**⅓ cup coarse medium salt**
**Cracked ice**
**5 cups sugar**
**3 cups cider vinegar**
**1½ teaspoons turmeric**
**1½ teaspoons celery seed**
**2 tablespoons mustard seed**

Do not peel cucumbers. Slice thin. Add onion, peppers and whole garlic cloves. Sprinkle salt over all. Cover with cracked ice. Mix thoroughly. Let stand 3 hours. Drain well. Combine remaining ingredients. Pour over cucumber mixture. Heat until just under a boil. Seal in hot sterilized jars. Process 10 minutes in hot water bath.

Marge Johnson
Grafton East Unit (Alexandria)

## REFRIGERATOR PICKLES

**25 small cucumbers**
**4 cups white vinegar**
**½ cup non-iodized salt**
**4 cups sugar**
**1 teaspoon turmeric**
**1½ teaspoons celery seed**
**1½ teaspoons dry mustard**
**3 medium onions, sliced**

Wash and wipe cucumbers. Cut into ¼-inch slices. Combine with remaining ingredients in large covered jar. Refrigerate. Shake well or invert jar twice a day for 2 or 3 days.
*Note:* Small slicing cucumbers may be used as well as the pickling ones. Red or green peppers may also be sliced and added to the cucumbers if desired.

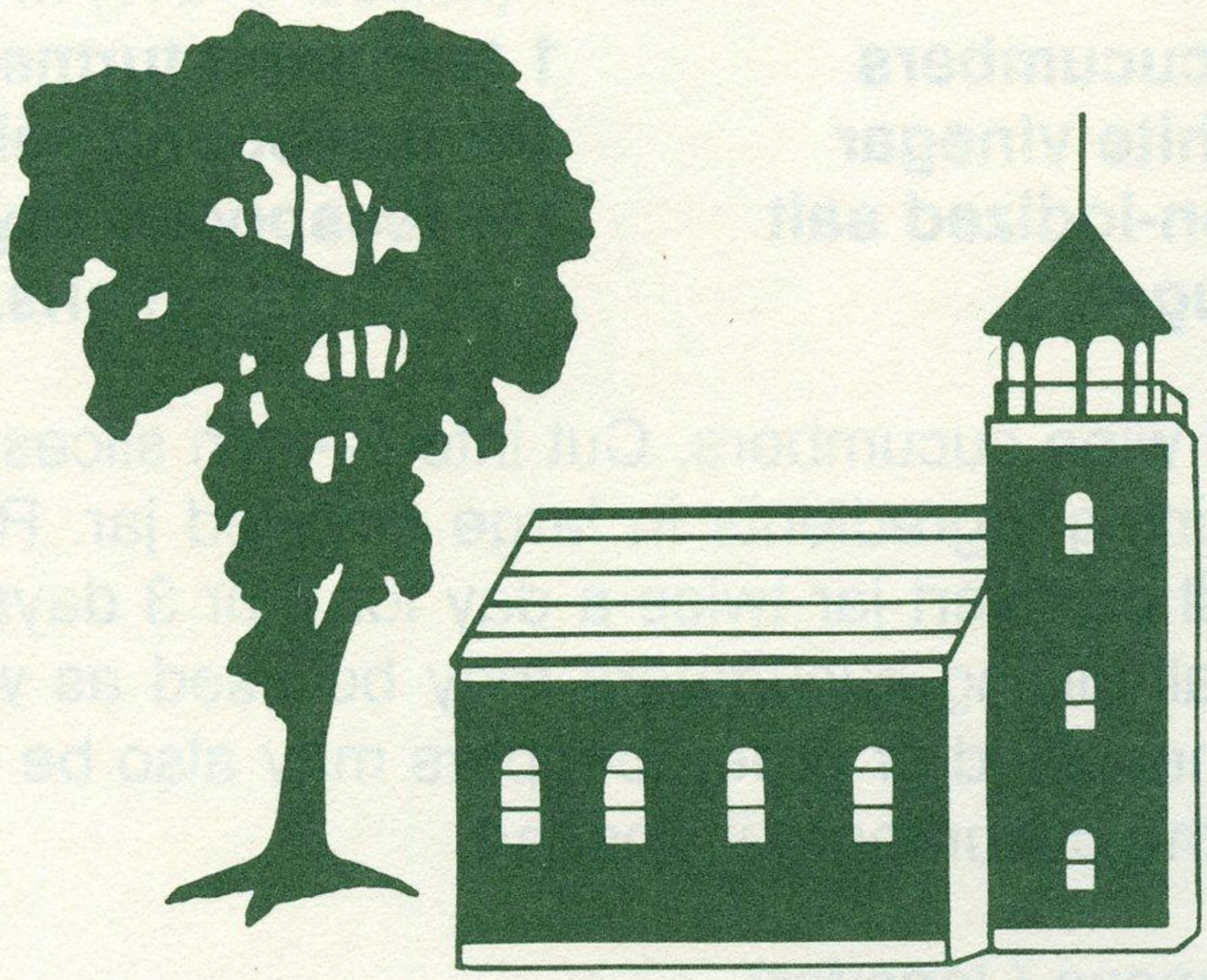
Mrs. C. Joncas (Jennifer)
Strafford Unit (Dover)

# BREAD AND BUTTER PICKLES

**4 quarts cucumbers, unpeeled, sliced thickly**
**6 medium-sized white onions, sliced**
**2 green peppers, chopped**
**3 garlic cloves**
**⅓ cup pickling salt**
**Cracked ice**
**5 cups sugar**
**3 cups cider vinegar**
**2 tablespoons mustard seed**
**1½ teaspoons ground turmeric**

Combine cucumbers, onion, green pepper, garlic and salt. Mix thoroughly. Cover with cracked ice. Let stand 3 hours. Drain well. Remove garlic. Combine remaining ingredients. Pour over cucumber mixture. Put in large, heavy kettle and bring to a boil. Fill hot, sterilized pint jars with vegetables and liquid, leaving ½-inch head space. Adjust lids. Process in boiling water bath for 5 minutes after water begins to boil.
*Note:* Recipe may be tripled by using 3 times the vegetables but only twice as much sugar and spices.

Anita Parsons
Hillsborough North Unit (Bedford)



## BUTTERSCOTCH SAUCE

**1¼ pounds brown sugar, firmly packed**
**3 cups white Karo syrup**
**1 cup butter**
**3 cups evaporated milk**
**1 teaspoon vanilla**

Mix all ingredients in top of double boiler. Cook over boiling water until mixture forms a soft ball when dropped in cold water. Beat in evaporated milk and vanilla. Mix thoroughly. Yield: 2 quarts.

Bertha Knapp
Grafton North Unit (Lisbon)

## GRAPE BUTTER

**3 pounds Concord grapes**
**1 cup cold water**
**Sugar**
**1 cup orange juice**
**Grated rind of 1 orange**

Pick over, wash and stem grapes. Place in large kettle. Crush slightly and add water. Bring to a boil. Simmer over low heat, stirring frequently, until skins burst and grapes are soft. Rub fruit through food mill or coarse strainer. Measure puree. Return to kettle, adding ¾ cup sugar for each cup of fruit puree. Stir in orange juice and rind. Bring slowly back to a boil, stirring constantly until thick. To test; spoon small quantity onto a cold plate. When grape butter tests firm, immediately pour into hot, sterilized jelly glasses. Top with melted paraffin. When paraffin sets, cover with lids or aluminum foil. Label and store in cool dry place.
*Note:* Be careful when cooking; mixture scorches easily.

Patricia Louise Dobbins
Hillsborough North Unit (Manchester)

## BUTTER CRUNCH CANDY

½ pound butter
1⅓ cups sugar
3 tablespoons water
1 tablespoon light corn syrup
1 cup nuts, coarsely chopped
2 large Hershey bars
1 cup nuts, finely chopped, divided

Melt butter. Add sugar, water and corn syrup. Bring to a boil. Cook, on medium heat, stirring constantly, until thermometer reaches 300. Remove from heat and stir in coarsely chopped nuts. Place greased waxed paper in bottom of 13 x 9 x 2-inch pan. Pour candy into pan. Melt 1 Hershey bar over warm heat. Stir in ½ cup finely chopped nuts. Remove candy from pan. Peel waxed paper off bottom. Wipe off any excess grease. Spread chocolate and nuts over candy. Invert onto another piece of waxed paper. Repeat process with Hershey bar and remaining nuts. Chill to set chocolate.

Anita Parsons
Hillsborough North Unit (Bedford)

## COCONUT DELIGHTS

1 cup dates, chopped
1 cup sugar
¼ cup butter or margarine
1 egg, beaten
2 cups Rice Krispies
1 cup nuts, chopped
1 teaspoon vanilla
Coconut

Mix dates with sugar, butter and egg in a saucepan. Cook over low heat, stirring constantly, 10 minutes. Remove from heat. Add Rice Krispies, nuts and vanilla. Roll into small walnut-sized balls. Roll balls in coconut. Yield: 25 to 30 balls. *Note:* Grease hands before shaping sticky mixture into balls.

Leona Mitton
Grafton North Unit (Woodsville)

# PEANUT BUTTER BALLS

**1 (18-ounce) jar crunchy peanut butter**
**3 cups Rice Krispies**
**2¼ cups powdered sugar, sifted**
**½ cup butter or margarine, softened**
**1 (12-ounce) package semi-sweet chocolate chips**
**½ cake paraffin**

Combine peanut butter, Rice Krispies, sugar and butter in large bowl. Add more sugar if necessary to reach firm consistency. Roll into 1-inch balls. Place on cookie sheet. Chill 30 minutes. Melt chocolate chips and paraffin in top of double boiler over boiling water. Dip balls into melted chocolate. Put on cookie sheet to harden.
*Note:* These do not need to be refrigerated.

Mrs. Francis J. McNally (Monica)
Strafford Unit (Dover)

## HERMITS

**1 cup raisins**
**1 teaspoon soda**
**1 cup vegetable shortening**
**1 cup white sugar**
**1 cup brown sugar, firmly packed**
**2 eggs**
**3 cups all-purpose flour**
**½ teaspoon salt**
**1 teaspoon cinnamon**
**1 teaspoon vanilla**
**1 cup walnuts, chopped**
**½ cup flaked coconut**

Put raisins in saucepan. Cover with water. Boil 2 or 3 minutes, until tender. Drain, reserving ⅓ cup water. Mix soda with raisin water. Cream shortening with both sugars until light. Add eggs. Beat well. Stir in reserved raisin water. Sift together flour, salt and cinnamon. Add to batter. Mix well. Add vanilla, walnuts, coconut and raisins. Form into 2 strips of dough on greased cookie sheet. Bake at 375 for 12 to 15 minutes. Do not overcook. Immediately cut into bars and remove from pan.

Barbara Toomire
Greater Portsmouth Unit (Portsmouth)

## MAPLE SUGAR FUDGE

**2 cups maple syrup**
**1 cup sugar**
**1 tablespoon butter**
**Walnuts**

Put maple syrup in saucepan with sugar. Bring to a boil. Boil until mixture reaches soft ball stage. Remove from heat. Stir in butter and walnuts. Cool until lukewarm. Stir well and pour into 9 x 9-inch pan. Cool until firm. Cut into squares.

Jody Eastman
Grafton North Unit (South Ryegate, Vermont)

# RACHEL ADAMS' RECIPE FOR MINCEMEAT

4 pounds lean meat (use venison when available; otherwise cheap cut of beef)
2 pounds beef suet
Apples, twice the amount of meat
6 cups sugar
2 cups molasses
2 quarts cider
4 pounds seeded raisins, chopped
3 pounds currants
½ pound citron or orange peel, finely chopped
1 quart brandy or grape juice
1 teaspoon cinnamon
1 teaspoon mace
2 nutmegs, grated (about 2 teaspoons)
2 teaspoons ground cloves
1 teaspoon pepper
1 tablespoon salt

Cover meat and suet with boiling water. Cook in a large heavy pot until tender. Cool in water. Remove suet fat caked on top. Chop meat and suet fine. Measure meat and add twice as much weight in apples. Add sugar, molasses, cider, raisins, currants and citron to meat and apples. Reduce stock to about 2 cups. Add stock with suet to meat mixture. Heat gradually. Cook slowly, stirring frequently, for about 2 hours. You may cook it in the oven, covered, which reduces the chances of burning. Otherwise, watch it carefully. Add brandy and seasonings. Mix thoroughly. Pour into hot sterilized jars. Seal. Mincemeat may also be frozen in plastic containers.
*Note:* Rachel Adams was the wife of Sherman Adams, former governor of New Hampshire and assistant to President Eisenhower.

Submitted by the family
Grafton East Unit

# DOWN-UNDER APPLE PIE

**6 large Granny Smith apples**
**1 cup sugar**
**2 tablespoons flour**
**1 teaspoon cinnamon**
**1 teaspoon grated lemon peel**
**⅛ teaspoon salt**
**⅛ teaspoon cloves**
**1 unbaked 10-inch pie shell (recipe of your choice or frozen)**

Peel and slice apples. Toss with sugar, flour, salt, lemon peel and spices. Arrange coated slices in unbaked pie shell.

***Crumb Topping:***

**½ cup all-purpose flour**
**¼ cup sugar**
**⅛ teaspoon salt**
**¼ cup shredded Cheddar cheese**
**¼ cup melted butter**

Combine crumb topping ingredients and sprinkle over apples. Bake in hot 400 degree oven for 40 minutes until crust and crumbs are brown.

***Optional Topping:***

**1 cup sour cream**
**2 tablespoons brown sugar**
**1 teaspoon grated lemon peel**

This pie is delicious as is and simply elegant when served with an optional topping spooned over each serving.

Marcia K. Weiss
Hillsborough South Unit (Nashua)

# LEMON SQUARES

**1¾ cups cracker crumbs**
**1 teaspoon baking powder**
**¾ cup all-purpose flour**
**½ cup sugar**
**½ cup coconut**
**¾ cup butter**
**2 tablespoons milk**

Mix dry ingredients, cut in butter and add milk. Put a layer of crumbs into an 8 x 12 x 2-inch pan. Cover with filling, top with remaining crumbs. Bake at 300 degrees for 30 to 40 minutes.

***Filling:***

**1 cup water**
**1 cup sugar**
**1 egg**
**1 lemon, juice and rind**
**2 tablespoons flour**

Cook all ingredients, except egg, over low heat, stirring constantly. Beat egg in measuring cup; add about 2 tablespoons hot filling to egg in cup, stirring constantly. Gradually add egg mixture to filling mixture and heat until thick.

Nancy Leete
Grafton North Unit (Boltonville)

## CREAMY PEACH PIE

**1½ cups diet sliced peaches, reserve juice**
**1 package unflavored gelatin**
**1 cup plain yogurt**
**8 ounces cottage cheese**
**½ teaspoon lemon rind, grated**
**1 teaspoon vanilla**
**¼ teaspoon cinnamon**
**3 packs artificial sweetener**
**8-inch pie shell, half baked**

Heat ½ cup peach juice in small saucepan. Add gelatin. Stir to soften. Cook over low heat until gelatin dissolves. Put remaining ingredients in blender container. Process until smooth. Add gelatin mixture, process 30 seconds. Pour into pie shell. Chill until firm, about 3 hours. Garnish with 1 peach slice half per serving. Yield: 6 servings.

Carrie Foss
Strafford Unit (Rochester)

## FLAN

**4 eggs**
**1¾ cups granulated sugar, divided**
**2 (14½-ounce) cans evaporated milk**
**1 teaspoon vanilla**
**½ teaspoon cinnamon**

Beat together eggs, 1 cup sugar, milk, vanilla and cinnamon. Cook remaining ¾ cup sugar in heavy skillet or saucepan until it melts and becomes golden brown. Stir constantly to keep it from burning. Pour caramel syrup into 1½-quart casserole. Tip casserole so that syrup completely covers bottom and half of sides. Pour milk mixture into casserole. Place in pan of hot water. Bake at 350 for 1 hour. Cool at room temperature. Refrigerate. To serve, turn upside down on platter.

Mrs. Robert Richardson (Shirley)
Carroll South Unit (Wolfeboro)

# CHOCOLATE SWIRL COFFEE CAKE

2¼ cups sugar, divided
1 cup shortening
3 eggs
2 teaspoons vanilla
3½ cups all-purpose flour
4 teaspoons baking powder
¼ teaspoon salt
1 (13-ounce) can evaporated milk
2 ounces pre-melted chocolate, or 2 ounces chocolate, divided
1 teaspoon cinnamon
1 (6-ounce) package chocolate chips

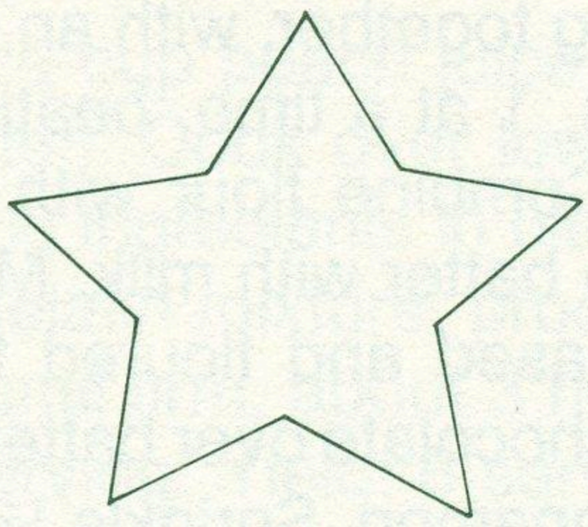
Cream 2 cups sugar and shortening together, with an electric mixer at medium speed. Add eggs, 1 at a time, beating well after each addition. Add vanilla. Combine flour with baking powder and salt. Add alternately to batter with milk. Mix thoroughly. Pour ½ of batter into greased and floured tube or bundt pan. Drizzle 1 ounce melted chocolate over batter. Combine remaining ¼ cup sugar with cinnamon. Sprinkle ½ sugar-cinnamon mixture over batter. Sprinkle ½ chocolate chips over batter. Marble well with knife. Top with remaining batter. Repeat sprinkling with melted chocolate, sugar, cinnamon and chocolate chips. Marble. Bake at 350 for 1 hour. Turn oven off. Let cake cool in oven. Remove from pan and wrap with plastic wrap when cool.
*Note:* Makes a high, large, coffee cake.

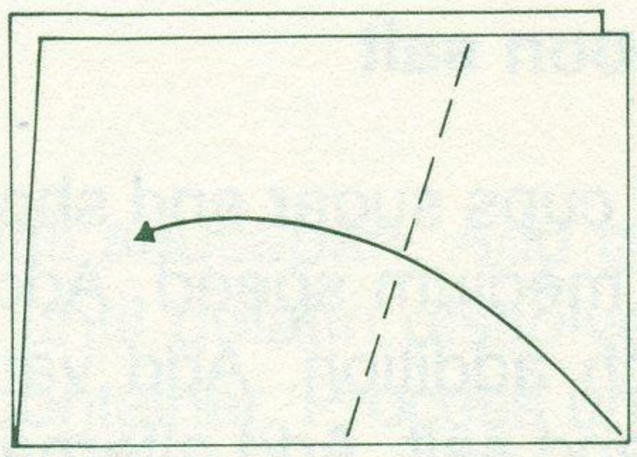
Doris J. Toms
Carroll South Unit (Wolfeboro)

# Fold, Cut, and Make

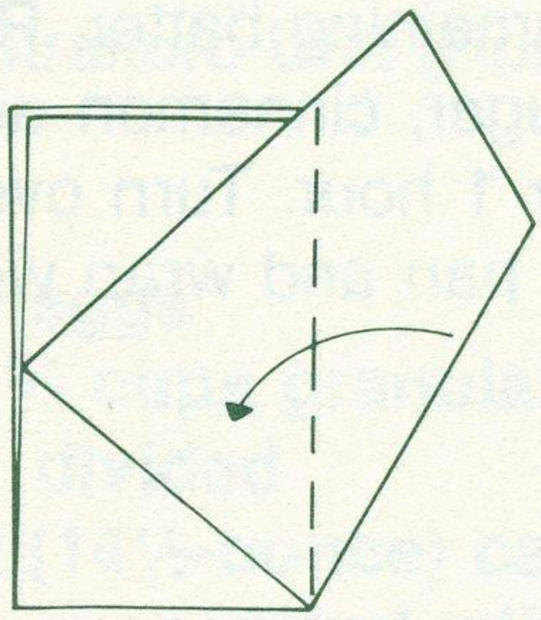
Colonial children, and their parents, often made paper patterns of designs for needlework and other crafts. Any of these star patterns may be transferred to paper, cloth, wood or any other suitable material. Size may be varied by using smaller or larger pieces of paper.

## 5 Point Star

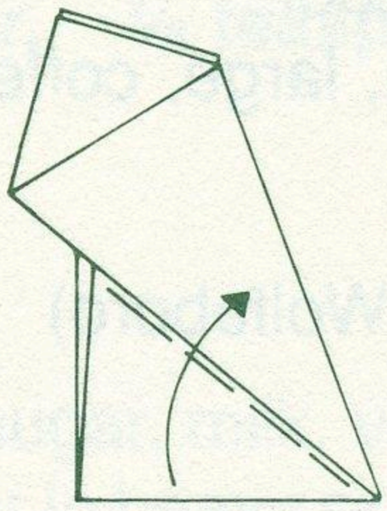




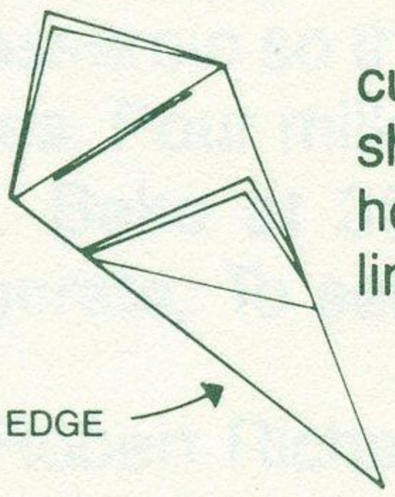
Use a piece of paper 8″ x 10″ (20 cm x 25 cm) fold in half the short way. Bring right corner to the half-way mark you made on opposite edge, and crease on dotted line.



fold right edge over to left and crease as shown by dotted line



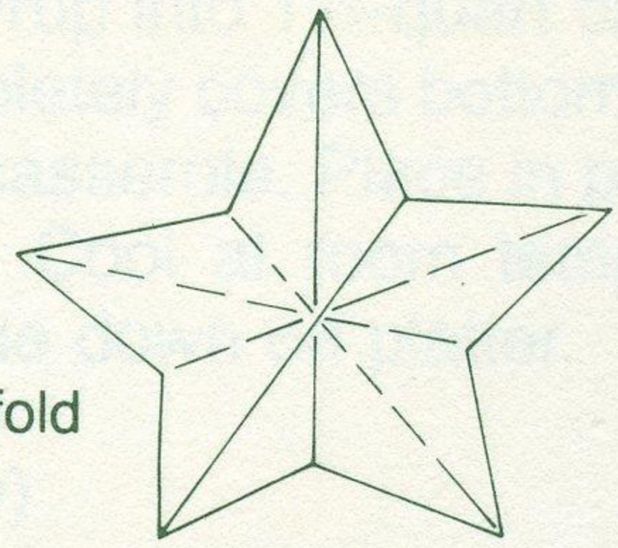
now fold left edge over right and crease as shown by dotted line



cut as shown by heavy line

FOLDED EDGE

unfold



## 8 Point Star of LeMoyne

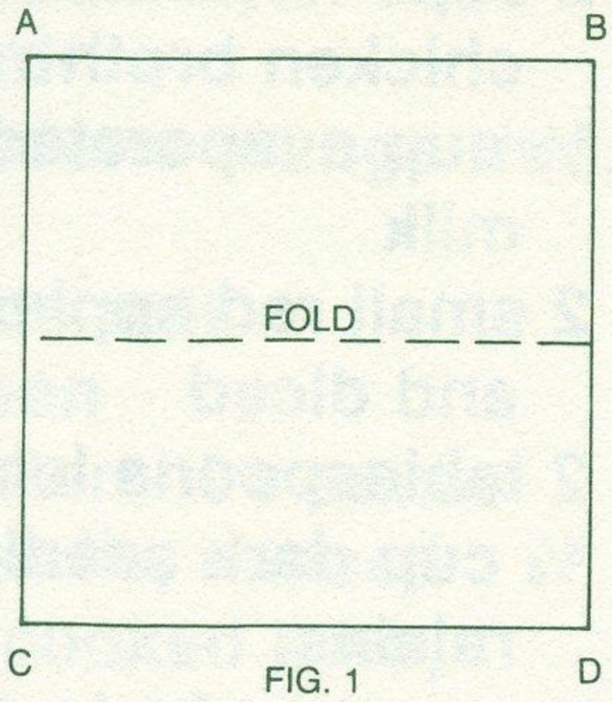



FIG. 1

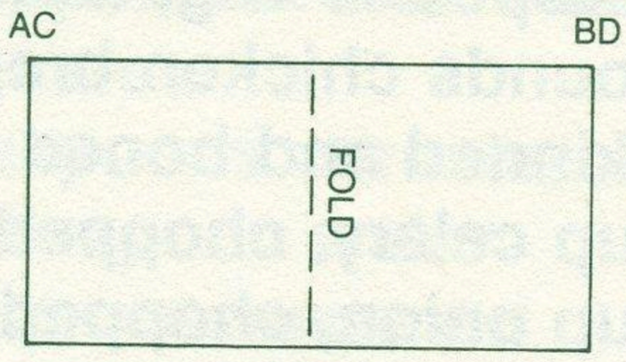



FIG. 2

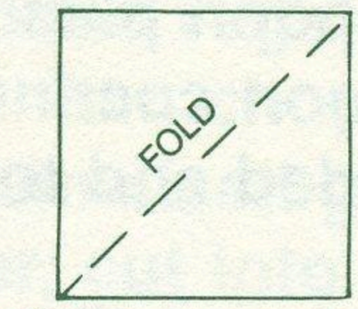



FIG. 3

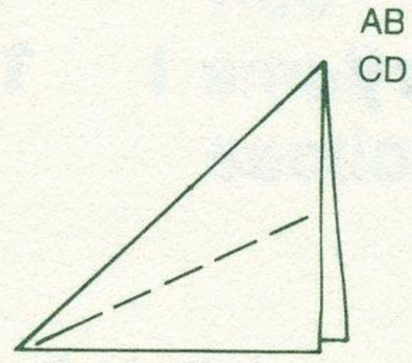



FIG. 4

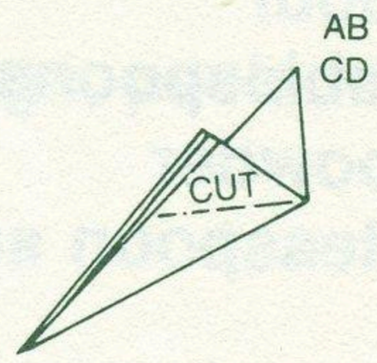



FIG. 5

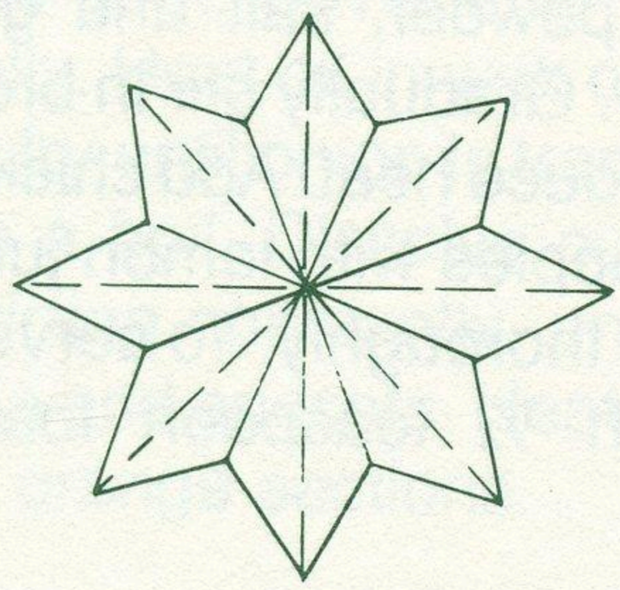


FIG. 6

# Weight Watchers

# INDIAN RAISIN CURRY

2 tablespoons plus 2 teaspoons vegetable oil
3 pounds chicken breasts, skinned and boned
1 cup celery, chopped
1 cup onion, chopped
1 medium green pepper, cut into strips
2 garlic cloves, minced
2 tablespoons plus 2 teaspoons all-purpose flour
2 tablespoons curry powder
½ teaspoon salt
½ teaspoon ground ginger
2 cups homemade fat-free chicken broth
½ cup evaporated skim milk
2 small red apples, cored and diced
2 tablespoons lemon juice
¾ cup dark seedless raisins
4 cups cooked enriched rice
1 tablespoon plus 1 teaspoon coconut, shredded and toasted

Heat oil in large heavy skillet. Saute chicken until tender. Remove from skillet and cut into 1-inch cubes. Saute celery, onion, green pepper and garlic in skillet until soft. Sprinkle with flour, curry powder, salt and ginger. Cook 3 minutes, stirring constantly. Gradually stir in broth and evaporated milk. Bring to a boil. Reduce heat. Add chicken. Simmer, uncovered, 5 minutes. Toss apples with lemon juice. Add apples to skillet with raisins. Heat thoroughly. To serve, spoon over ½ cup rice and garnish with ½ teaspoon toasted coconut. Yield: 8 servings.

Weight Watchers International, Inc.

We gratefully acknowledge the contributions of these companies on the following pages for their sponsorship of this cookbook.

# POLYNESIAN PORK SAUTÉ

1 cup beer
1 tablespoon Dijon mustard
1½ teaspoons orange rind, grated
1 teaspoon salt
¼ teaspoon Worcestershire sauce
1 clove garlic, minced
1 pound cooked pork, sliced into ¼-inch julienne strips
4 teaspoons vegetable oil
½ cup onion, chopped
½ medium-sized green pepper, cut into 1-inch squares
½ medium-sized red bell pepper, cut into 1-inch squares
4 teaspoons cornstarch
1 tablespoon water
½ cup unsweetened pineapple chunks
8 medium canned apricot halves, no sugar added
¼ cup juice from apricots
2 cups cooked enriched rice
1 small orange, peeled and sectioned

Combine beer, mustard, orange rind, salt, Worcestershire and garlic in small bowl. Add pork. Cover and refrigerate 30 minutes, turning occasionally. Heat oil in wok or large skillet. Add onion and peppers. Stir fry until onion is transparent. Add pork and marinade. Bring to a boil. Dissolve cornstarch in water. Add to skillet. Cook, stirring constantly, until mixture returns to a boil. Stir in pineapple and apricots. Heat thoroughly. Serve over rice. Garnish with orange sections.

Weight Watchers, Inc.

**Purdy, Bornstein, Hamel & Hughes, Professional Association**
*61 North Street, Manchester, New Hampshire*

## CHUNKY EGG SALAD WITH OLIVES

**¼ cup unflavored yogurt**
**¼ cup reduced-calorie mayonnaise**
**¼ cup chives, chopped**
**2 teaspoons Dijon mustard**
**½ teaspoon salt**
**1 cup celery, finely chopped**
**8 hard-cooked eggs, coarsely chopped**
**8 stuffed olives, sliced**
**Dash of white pepper**
**8 lettuce cups**
**2 radishes, sliced**
**8 slices enriched Italian bread, ½-ounce each**

Combine yogurt with mayonnaise, chives, mustard and salt in a large bowl. Mix well. Add celery, eggs, olives and pepper. Cover and chill. Serve in lettuce cups, garnish with radish slices. Serve with Italian bread. Yield: 4 servings.
*Note:* Each serving is equivalent to ⅛ serving Milk, 1½ servings Fat, 2½ servings Vegetables, 2 Eggs, 1 serving Extras and 1 serving Bread.

Weight Watchers International, Inc.

## PEAR AND YOGURT PARFAIT

**2 cups unflavored yogurt**
**4 small ripe pears, pared, cored and diced**
**4 teaspoons honey**
**¼ teaspoon ground cinnamon**
**16 single graham crackers, finely crushed**

Combine yogurt with pears, honey and cinnamon in mixing bowl. Mix well and chill. To serve, layer equal amounts of yogurt mixture into parfait glasses alternately with graham cracker crumbs. Begin with yogurt and end with crumbs. Yield: 8 servings.
*Note:* Each serving is equivalent to ½ serving Milk, ½ serving Fruit, 1 serving Extras and 1 serving Bread.

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## STIR-FRIED GINGER SHRIMP

**¼ cup white wine**
**2 tablespoons soy sauce**
**¾ teaspoon ground ginger**
**1 clove garlic, minced**
**1½ pounds shrimp, peeled and deveined**
**4 teaspoons vegetable oil**
**1 medium red bell pepper, cut into strips**
**½ cup Chinese pea pods**
**½ cup sliced bamboo shoots**
**¼ cup water chestnuts, sliced**
**2 cups cooked enriched rice, cooked salt-free**

Combine wine, soy sauce, ginger and garlic. Add shrimp. Cover and marinate in refrigerator 1 hour. Heat oil in wok or large skillet. Drain shrimp, reserving marinade. Stir fry shrimp 30 seconds. Remove shrimp from wok. Add red pepper, pea pods, bamboo shoots and water chestnuts to wok. Stir-fry 3 minutes or until vegetables are tender-crisp. Add marinade. Add shrimp. Toss to combine well. Heat through. Serve immediately over ½ cup rice per serving. Yield: 4 servings.

Weight Watchers, Inc.

**White Trellis Motel**
*North Conway, New Hampshire*

# TOFU LASAGNA

***Sauce:***

**1 (24-ounce) can tomatoes**
**1 (6-ounce) can tomato paste**
**Salt and pepper to taste**
**½ teaspoon dried oregano**
**1 cup mushrooms, sliced**
**1 cup water**
**Dash of onion flakes**
**1 package Sweet n' Low**
**Dash of pepper flakes**

Combine all ingredients. Cook over low heat, stirring occasionally, for 2 hours.

**8 lasagna noodles**
**⅔ cup ricotta cheese**
**1 pound tofu, thinly sliced**
**2 ounces Mozzarella, shredded**

Cook noodles according to package directions. Drain. Layer in the following order in an 8 x 8-inch pan that has been treated with vegetable oil spray: Sauce, noodles, tofu, noodles, ricotta, tofu, sauce, noodles, tofu, sauce, noodles, sauce. Top with Mozzarella. Bake at 350 for 45 minutes. Yield: 4 servings. Equals: 1 choice, ⅓ cup ricotta cheese, 4 ounces tofu, ½ cheese, tomatoes.

Weight Watchers International, Inc.

**Hart's Turkey Farm Restaurant**
*Rt. 3 & 104, Meredith, N.H.*

## HONEYED SWEET POTATOES

**2 medium sweet potatoes (6-ounce)**
**2 teaspoons honey**
**⅛ teaspoon ground cinnamon**
**⅛ teaspoon ground nutmeg**

Wrap each sweet potato in foil. Place on baking sheet. Bake at 425 for 40 to 45 minutes. When potatoes are cool enough to handle, split lengthwise. Scoop out pulp. Reserve shells. Beat pulp with remaining ingredients, using an electric mixer. Beat until smooth and fluffy. Divide mixture evenly between 4 reserved shells. Place on baking sheet and heat at 350 for 15 minutes. Yield: 4 servings.
*Note:* Each serving is equivalent to 1 serving Bread Substitute or 1 Serving Extras.

Weight Watchers International, Inc.

## ZUCCHINI SOUP

**1 (28-ounce) can tomatoes, pureed**
**2 medium zucchini, shredded**
**2 medium carrots, shredded**
**4 beef bouillon cubes**
**1 (16-ounce) can green beans**
**1 (16-ounce) can wax beans**
**1 (4-ounce) can mushrooms**
**4 ounces onion, chopped**
**2 cups water**
**1 cup celery, chopped**
**Fresh parsley, chopped, to taste**
**Garlic powder to taste**

Mix all ingredients in a large pot. Simmer 1½ hours.

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# CHOCOLATE CAKE

**8 ounces bread, crumbled**
**8 medium eggs**
**1 cup yogurt**
**1 cup white sugar twin**
**½ cup brown sugar substitute**
**4 teaspoons baking powder**
**2 teaspoons soda**
**2 teaspoons vanilla**
**2 tablespoons plus 2 teaspoons cocoa**
**Vegetable oil spray**

Preheat oven to 400. Finely crumble bread. Beat eggs until light and thick. Add yogurt and mix well. Add white sugar, brown sugar, baking powder, soda and vanilla. Blend well. Stir in cocoa and bread crumbs. When thoroughly blended, pour into bundt pan that has been treated with vegetable oil spray. Bake 35 to 45 minutes. Cool on wire rack before removing from pan. Yield: 8 servings.
*Note:* Equals 1 Bread, 1 Egg, ¼ Milk and 1 Extra.

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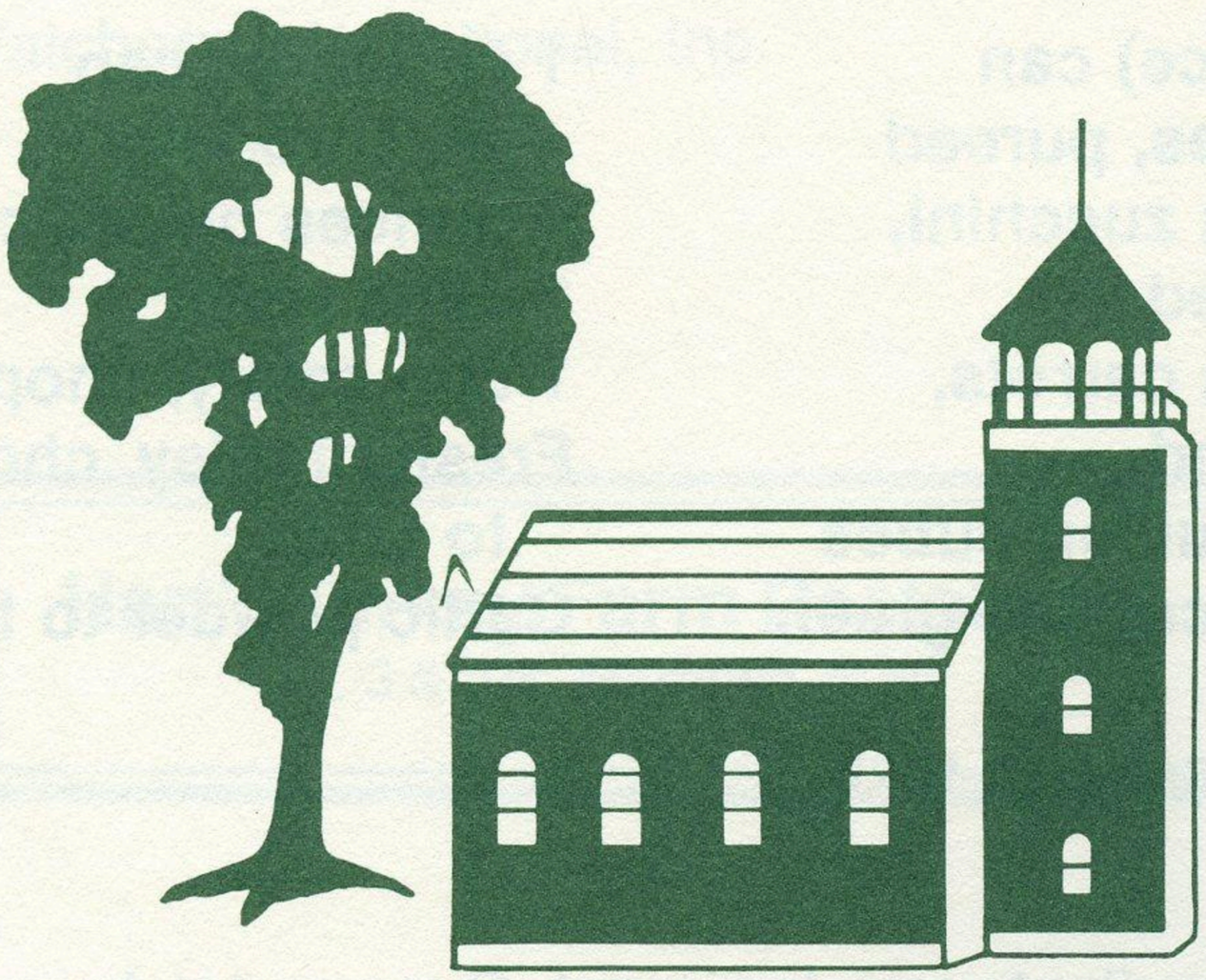

# UPSIDE DOWN APPLE BUNDT CAKE

***Topping:***

**2 (20-ounce) cans sliced apples, drained, reserve juice**
**4 teaspoons cornstarch**
**1 teaspoon cinnamon**
**2 teaspoons brown sugar substitute (Sweet n' Low)**
**¾ pack of butter buds (dry) ≡ to 36 calories**

Combine juice from apples with remaining ingredients. In small saucepan, heat over medium heat, stirring frequently, until thickened. Add apple slices and toss to coat thoroughly with syrup. Spray bundt pan with vegetable spray. Place coated apples in bundt pan.

***Batter:***

**8 ounces dry bread crumbs**
**4 teaspoons baking powder**
**2 teaspoons soda**
**1 teaspoon cinnamon**
**1½ cups white Sugar Twin**
**2 teaspoons vanilla**
**8 medium eggs**
**⅔ cup dry milk**

Combine all ingredients. Blend thoroughly. Pour over apple slices. Bake at 400 for 25 to 35 minutes. Cool in pan. Yield: 8 servings.
Equals: 1 Bread, 1 Egg, 2 ounces Milk and 1 Fruit.

Weight Watchers International, Inc.

**Howe, Riley & Howe, CPA,**
*Manchester, N.H.*

## PEANUT BUTTER "ICE CREAM"

**12 ounces vanilla-flavored dietary frozen dessert**
**¼ cup plus 2 tablespoons smooth peanut butter**
**4 single graham crackers, finely crumbled**

Place frozen dessert in medium mixing bowl. Allow to soften slightly. Add peanut butter. Blend thoroughly. Line a 7½ x 3½ x 2¼-inch loaf pan with plastic wrap. Don't worry if it is not smooth. Spread dessert in pan. pressing to fill corners. Tap pan gently on table to fill air spaces. Cover. Freeze until firm. Spread crumbs on waxed paper. Place frozen dessert on waxed paper. Press crumbs into sides and top of frozen loaf. Freeze until firm. Slice to serve; 2 slices per serving. Yield: 4 servings.

*Note:* Each serving is equivalent to ½ serving Milk, 1 serving Fruit, 1½ tablespoons Peanut Butter and ½ serving Bread.

Weight Watchers International, Inc.


# CONVENIENCE...

## IT'S A LARGE PART OF WHAT WE'RE ALL ABOUT.

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875 Elm Street, Manchester

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1500 South Willow Street, Manchester
The Mall of New Hampshire
340 Wilson Street, Manchester
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Rte. 101 Shopping Plaza, Bedford
3 Elm Street, Goffstown
1283 Daniel Webster Highway, No., Hooksett

**624-3511**

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LENDER

# GOOEY CHOCOLATE CAKE

¾ ounce oatmeal
1 package chocolate-flavored low calorie milk beverage
½ teaspoon cream of tartar
½ teaspoon soda
1 teaspoon cinnamon
¼ cup water
Artificial sweetener equal to 6 teaspoons sugar
Dash of salt
½ banana, *or* ½ cup of any 1 of the following: unsweetened applesauce, unsweetened crushed pineapple, or blueberries
½ teaspoon vanilla
½ teaspoon imitation butter flavoring

Combine all ingredients. Mix thoroughly. Pour into individual loaf pan that has been treated with vegetable oil spray. Bake at 350 for 25 to 30 minutes. Yield: 1 serving.
Equals: ¾ Cereal, 1 Milk, 1 Fruit.

Weight Watchers International, Inc.


*For Additional Recipes...*

*Read the*

**WOMEN'S PAGE**

*in*

**The Union Leader** NEW HAMPSHIRE'S DAILY NEWSPAPER

*"There is nothing so powerful as truth"* DANIEL WEBSTER

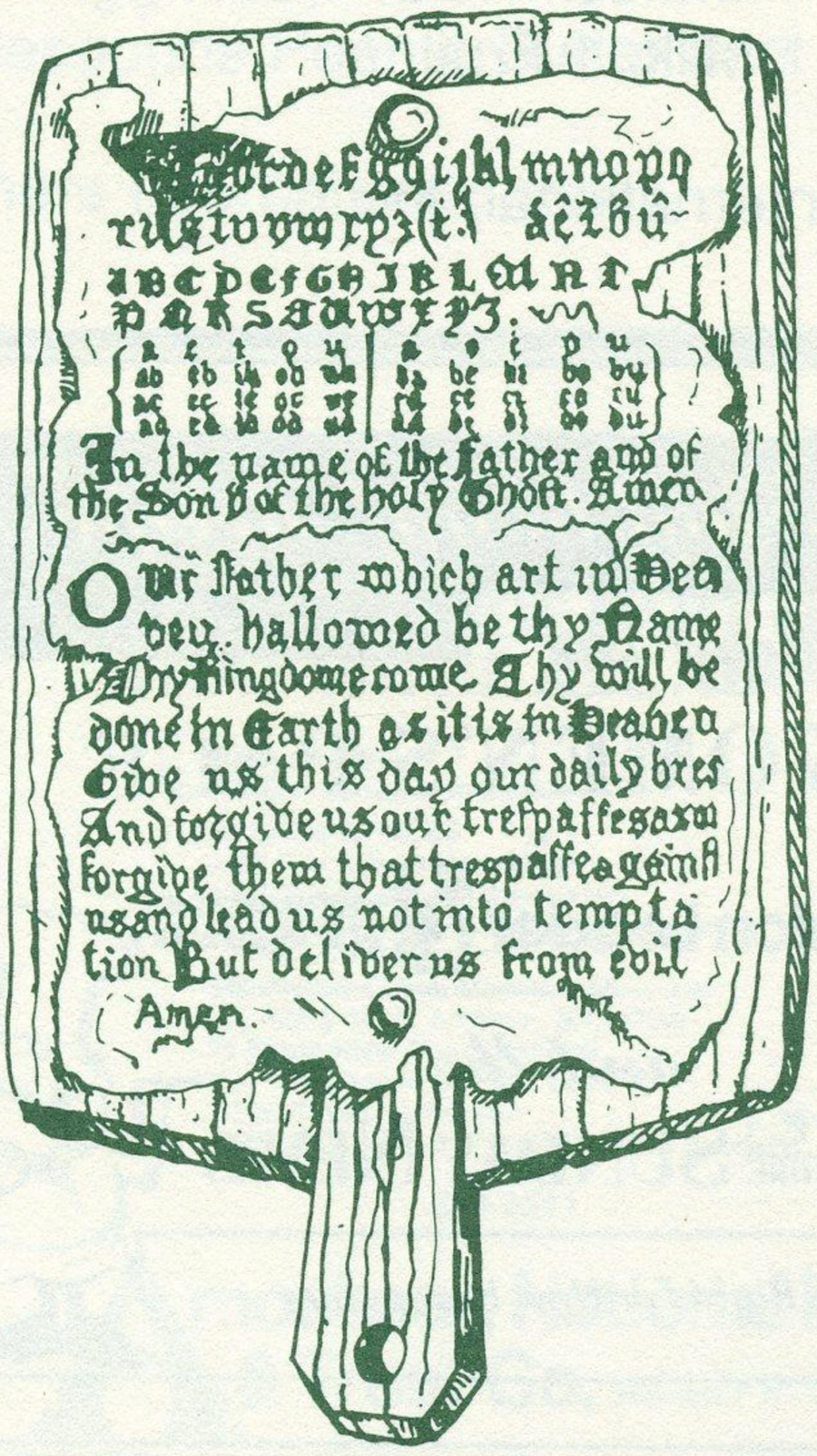
*and the*

NEW HAMPSHIRE **SUNDAY NEWS**

*We're Right For New Hampshire*

# The Hornbook

The hornbook was not really a book at all, but a piece of board with paper glued to it, which was covered with a piece of transparent horn. The horn was held in place by a thin strip of metal all around the edge. These "books" were very tiny and had a hole in the handle so they could be hung around a child's neck. Some were five inches long and only two inches wide; others were four inches long and three inches wide! The books had only one page. On this page were printed the alphabet, vowels, some syllables, and the Lord's Prayer! From this one page, pioneer children learned to sound their letters and to read. The primer and the spelling book came after the child had mastered this.



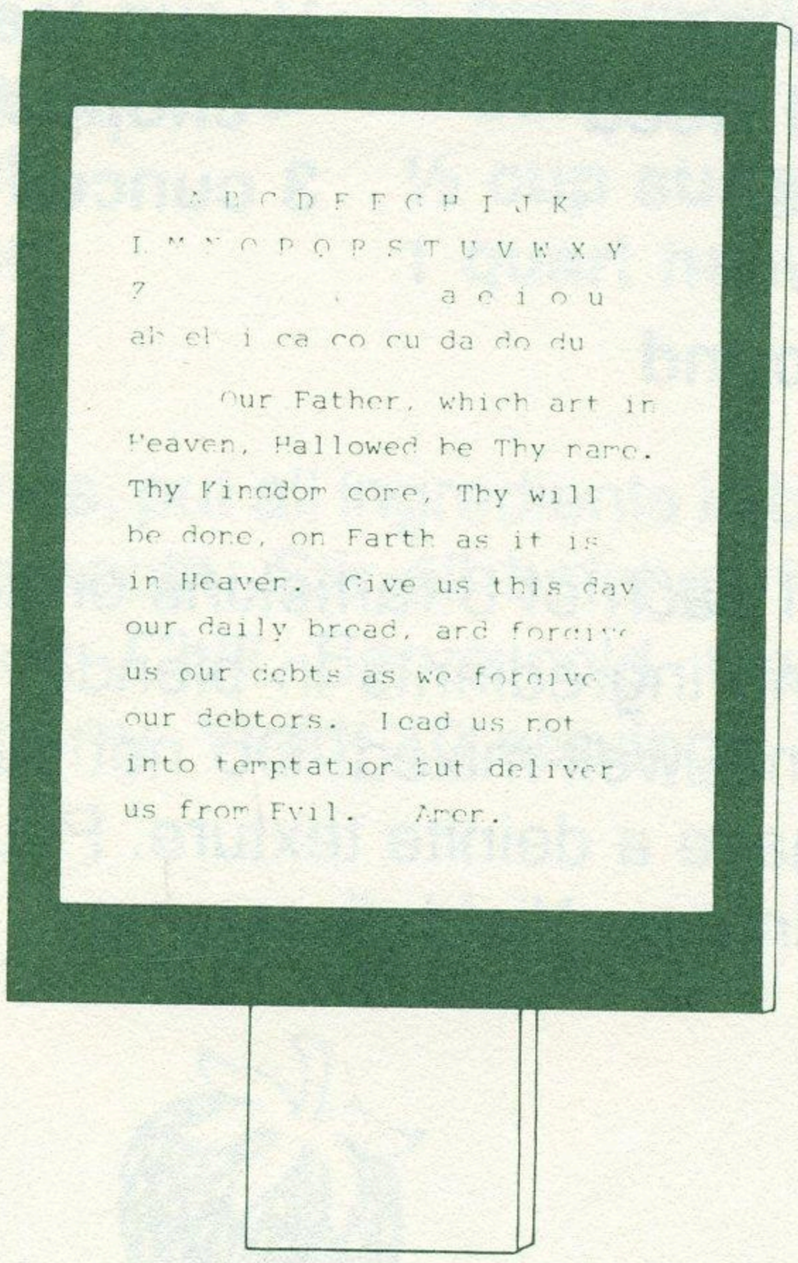
## To Make Your Own Hornbook

**Materials:**

Glue
Black or dark plastic tape
Heavy cardboard
Saran wrap or clear Contact paper

**Procedure:**

Trace the hornbook pattern on a piece of heavy cardboard and cut it out. Copy your page from the pattern or make up your own. Paste your page to the cardboard. Use saran wrap or clear contact (instead of transparent horn) to keep your page from getting soiled. Use tape to secure the edges.




# Inns and Restaurants

# SNAILS IN SAMBUCA
# BLUE STRAWBERY

40 snails
1 cup butter, melted
¼ teaspoon marjoram
¼ teaspoon thyme
¼ teaspoon dill weed
¼ teaspoon basil
2 bay leaves
½ teaspoon ground nutmeg
Juice of 2 lemons
1½ teaspoons chicken bouillon
¼ cup leek or shallot, chopped
3 ounces Sambuca

Place 5 snails in each of 8 ramekins or small baking dishes. Put the remaining ingredients in blender container. Process on low speed until well-mixed. Do not puree. It is important that the sauce have a deinite texture. Pour over snails. Bake at 500 for 10 minutes. Yield: 8 servings.

James Haller
Blue Strawbery
Portsmouth

*Blue Strawbery Restaurant*

## COLD STRAWBERRY SOUP
## DAFFODIL'S

**1½ quarts fresh strawberries, reserve 10 or 12 for garnish**
**1 pint orange juice**
**1 pint sour cream**
**1 pint vanilla ice cream, softened**
**½ cup sugar**
**1 quart heavy cream**

In 3 or 4 small batches, put all ingredients in blender container and process until smooth. Stir all batches together in large bowl until well mixed. Chill. Serve cold. Garnish each bowl with a whole strawberry. Yield: 10 servings.

Daffodil's
Bedford

## DANA PLACE INN CRANBERRY TORTE

**2 cups fresh or frozen cranberries**
**½ cup nuts, chopped**
**1½ cups sugar, divided**
**½ cup butter, melted**
**2 eggs, slightly beaten**
**¾ cup all-purpose flour**

Butter 9-inch pie plate. Pour cranberries in pie plate. Mix ½ cup sugar with nuts. Sprinkle evenly over cranberries. Cool melted butter slightly. Combine with eggs, flour and remaining 1 cup sugar. Pour over cranberries. Bake at 350 for 45 to 60 minutes, until golden brown.
*Note:* This is served at the inn with vanilla ice cream.

Dana Place Inn
Pinkham Notch, New Hampshire

# OWL'S NEST STUFFED LOBSTER

**2 chicken lobsters (small, about 1 pound each)**

Boil one lobster for 10 to 15 minutes or until done. Remove meat and cut into large pieces. Set aside.
Mix the following together in large bowl:

**½ cup coarse Ritz cracker crumbs**
**¼ cup coarse bread crumbs**
**1 tablespoon dry celery leaves**
**1 tablespoon chopped chives (optional)**
**1 tablespoon Hungarian paprika**
**¼ cup melted butter**
**2 tablespoons sherry wine**

Add lobster to above and mix well. Split the second lobster down the back and crack the claws. Place stuffing on top with tail exposed. Bake at 350 degrees for about 15 minutes or until done. Serve immediately.

Chef Jerry
Owl's Nest
Lebanon

# AMARETTO BROWNIE-CHIP PIE
# PETER CHRISTIAN'S TAVERN

***Pie:***

**1 cup sugar**
**¼ teaspoon salt**
**⅓ cup cocoa**
**½ cup plus 2 tablespoons all-purpose flour**
**1 teaspoon baking powder**
**2 eggs, slightly beaten**
**6 tablespoons butter, melted**
**1 tablespoon instant coffee granules**
**1 teaspoon vanilla**
**¼ cup chocolate chips**

Combine dry ingredients. Add eggs and butter. Mix well with electric mixer. Blend instant coffee with vanilla to make a paste. Add to other ingredients. Blend thoroughly with electric mixer until smooth. Stir in chocolate chips. Spoon into buttered and floured 9-inch Pyrex pie pan. Bake at 325 for about 35 minutes. Pie will rise during baking. As soon as center of pie falls, it is done. Chill in refrigerator.
*Note:* If you use a metal pie pan, bake at 350.

***Topping:***

**1 pint heavy cream**
**½ cup powdered sugar, sifted**
**3 tablespoons Amaretto liqueur**
**1 tablespoon instant coffee granules**
**1 teaspoon vanilla**
**Slivered almonds**

Whip the cream until it begins to stiffen. Gradually add powdered sugar and Amaretto. Mix instant coffee with vanilla to make a paste. Add it to cream. Cream should be whipped stiff. Smooth flavored whipped cream on top of pie. Garnish with slivered almonds.

Peter Christian's Tavern
Hanover and New London

## RUMPLEDETHUMPS
## SCOTTISH LION

**6 medium potatoes, peeled and diced**
**½ large cabbage, cored and diced**
**2 tablespoons chives, chopped**
**Salt and pepper to taste**
**¼ to ½ cup butter**
**Milk**
**1 to 1½ cups Cheddar cheese, shredded**

Place potatoes and cabbage in separate saucepans. Add water to barely cover. Bring to a boil in covered saucepans. Lower heat and simmer until tender. Drain. Mash potatoes with chives, salt, pepper and butter. Add enough milk to soften. Stir in cabbage and mix well. Place in baking dish with 2-inch sides. Cover with Cheddar. Bake at 350 for about 20 minutes, until cheese is melted and dish is thoroughly heated. Yield: 6 servings.

*Note:* This is a very popular dish at the Scottish Lion, where it is served every night. It is a delicious alternative to baked potatoes.

Scottish Lion
North Conway

# Fold, Cut, and Make

Colonial children, and their parents, often made paper patterns of designs for needlework and other crafts. Any of these star patterns may be transferred to paper, cloth, wood or any other suitable material. Size may be varied by using smaller or larger pieces of paper.

## 6 Point Star

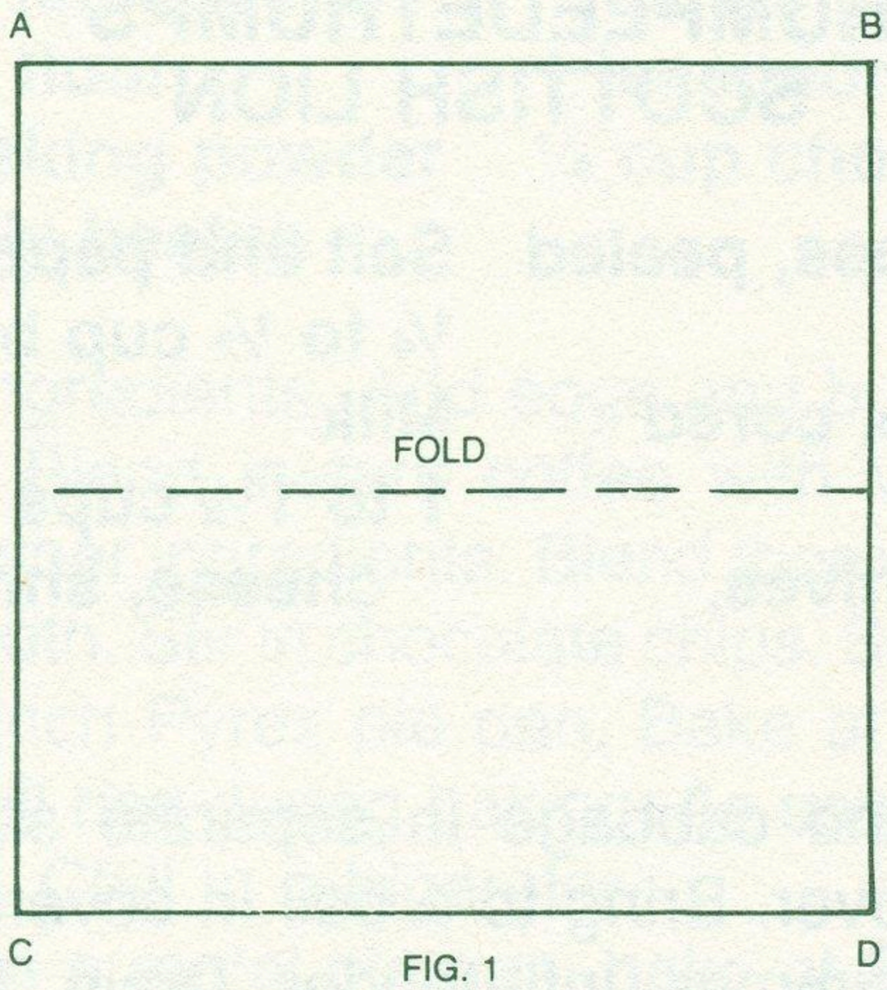



FIG. 1

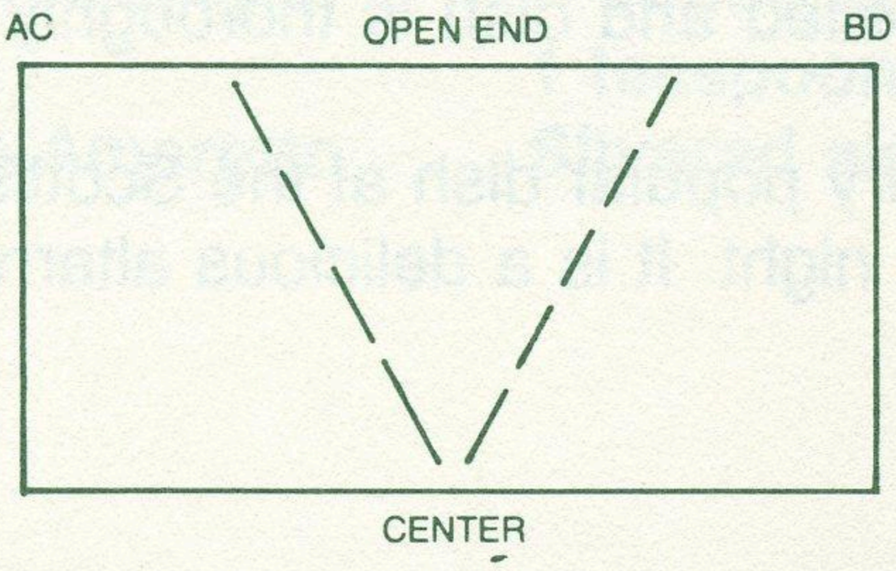



FIG. 2

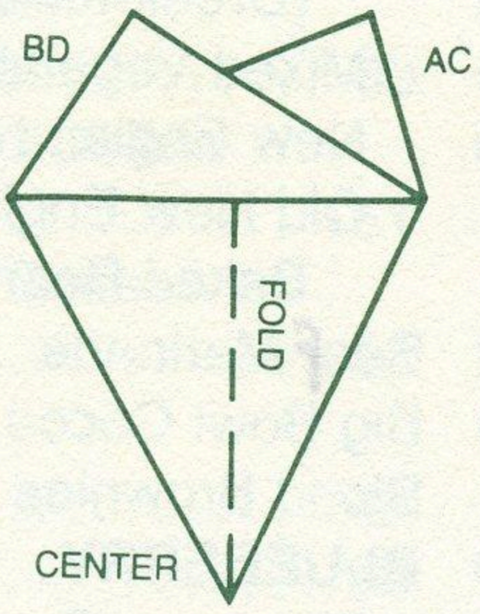



FIG. 3

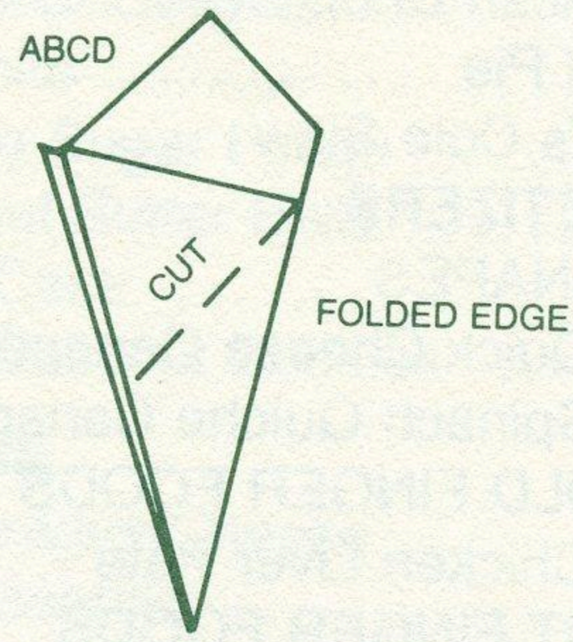
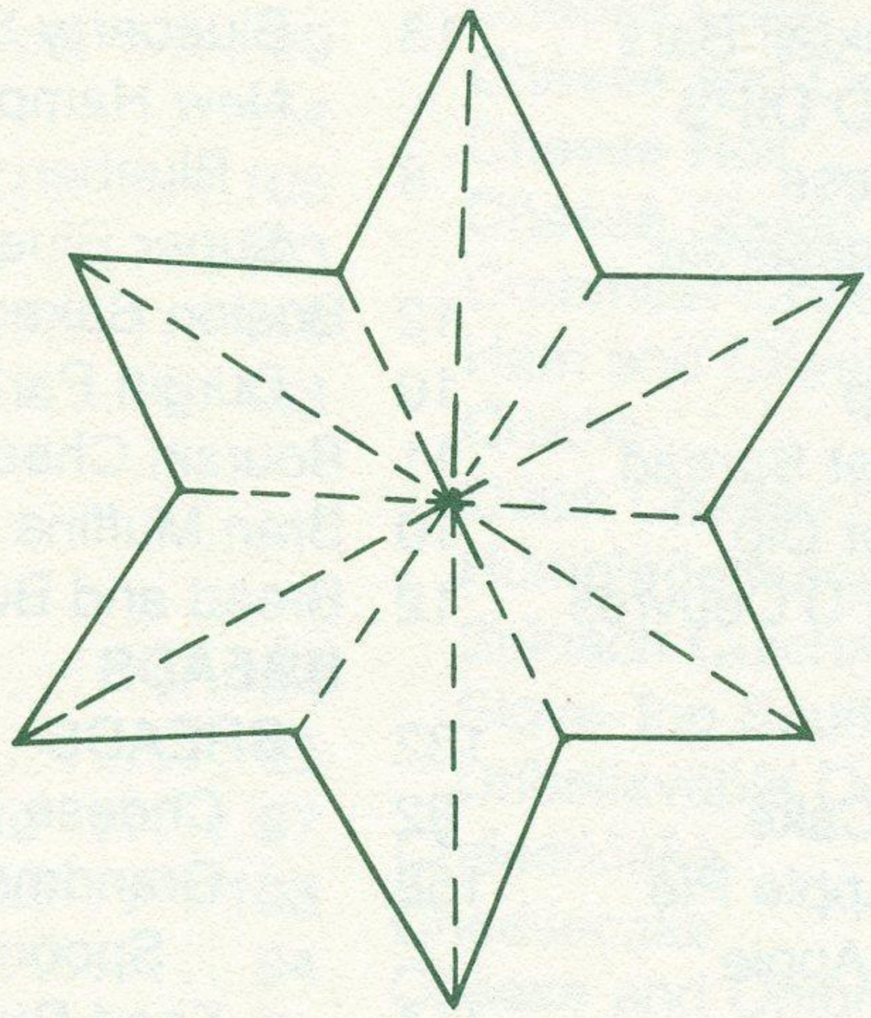



FIG. 4



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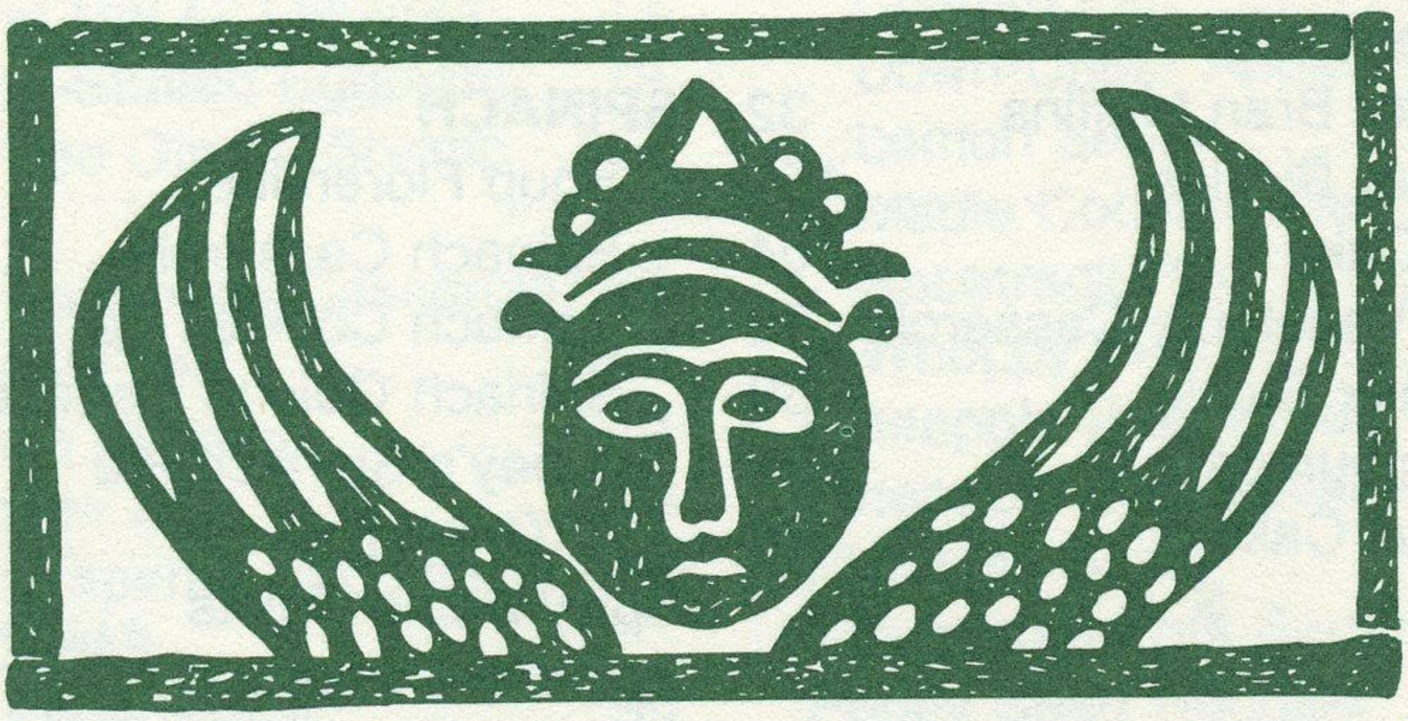

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# CANCER'S SEVEN WARNING SIGNALS

1
Change in bowel or bladder habits

2
A sore that does not heal.

3
Unusual bleeding or discharge.

4
Thickening or lump in breast or elsewhere.

5
Indigestion or difficulty in swallowing.

6
Obvious change in wart or mole.

7
Nagging cough or hoarseness.

If you have a warning signal, see your doctor.

**"SWORD OF HOPE"**

Ken C. Hagenbach